

Lobster Dip

 **Gluten Free**

READY IN



10 min.

SERVINGS



8

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 tablespoons butter softened
- 8 ounce cream cheese softened
- 1 tablespoon horseradish prepared
- 1 tablespoon juice of lemon
- 7 ounce live maine lobsters flaked drained canned
- 1 tablespoon onion minced

Equipment

- bowl

Directions

- In a medium bowl, mix together lobster meat, onion, lemon juice, cream cheese, butter and prepared horseradish. Continue mixing until smooth. Cover and chill in the refrigerator until serving.

Nutrition Facts

PROTEIN 13.77% **FAT 81.53%** **CARBS 4.7%**

Properties

Glycemic Index:17.38, Glycemic Load:0.5, Inflammation Score:-4, Nutrition Score:4.8552173570446%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 170.33kcal (8.52%), Fat: 15.63g (24.05%), Saturated Fat: 9.37g (58.58%), Carbohydrates: 2.03g (0.68%), Net Carbohydrates: 1.94g (0.7%), Sugar: 1.32g (1.47%), Cholesterol: 75.19mg (25.06%), Sodium: 246.9mg (10.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.94g (11.89%), Selenium: 18.35µg (26.21%), Copper: 0.34mg (17.08%), Vitamin A: 556.83IU (11.14%), Phosphorus: 73.05mg (7.3%), Zinc: 1.04mg (6.95%), Vitamin B12: 0.38µg (6.41%), Vitamin B5: 0.53mg (5.34%), Calcium: 51.47mg (5.15%), Vitamin B2: 0.07mg (4.24%), Vitamin E: 0.63mg (4.17%), Magnesium: 12.86mg (3.22%), Potassium: 97.08mg (2.77%), Vitamin B6: 0.05mg (2.28%), Vitamin B3: 0.43mg (2.17%), Folate: 6.92µg (1.73%), Vitamin C: 1.28mg (1.56%), Vitamin K: 1.11µg (1.06%), Manganese: 0.02mg (1.06%)