



WHATSheATE



Lobster Grilled Cheese Sandwich

👤 Popular

READY IN



45 min.

SERVINGS



4

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices bread
- ☐ 0.3 pound round of président brie diced ()
- ☐ 4 slices cheddar cheese
- ☐ 1 clove garlic chopped ()
- ☐ 1 tablespoon grainy mustard
- ☐ 2 green onions sliced ()
- ☐ 0.5 juice of lemon (juice)
- ☐ 1 pound pd of lobster diced shelled cooked (, and)

- ☐ 0.3 cup mayonnaise
- ☐ 4 servings salt and pepper to taste
- ☐ 4 servings butter salted room temperature
- ☐ 0.5 teaspoon tarragon chopped ()

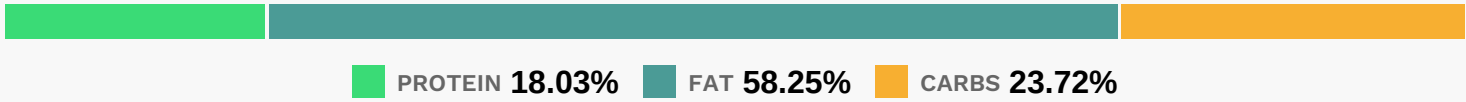
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Mix the lobster, brie, mayo, tarragon, green onions, grainy mustard, garlic, lemon juice, salt and pepper in a bowl.
- ☐ Butter one side of each slice of bread and assemble sandwiches with the buttered sides of the bread facing out and fill with a slice of cheese and a quarter of the lobster mixture.
- ☐ Grill until the bread is golden brown on both sides and the cheese is melted on the inside.

Nutrition Facts



Properties

Glycemic Index:94.17, Glycemic Load:14.73, Inflammation Score:-6, Nutrition Score:18.853478359139%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 479.87kcal (23.99%), Fat: 31.1g (47.85%), Saturated Fat: 12.87g (80.44%), Carbohydrates: 28.5g (9.5%), Net Carbohydrates: 25.89g (9.42%), Sugar: 3.77g (4.19%), Cholesterol: 102.3mg (34.1%), Sodium: 1046.06mg (45.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.66g (43.32%), Selenium: 47.05µg (67.21%), Manganese: 0.76mg (37.81%), Vitamin K: 39.46µg (37.58%), Calcium: 282.58mg (28.26%), Copper: 0.54mg

(26.87%), Phosphorus: 267.16mg (26.72%), Vitamin B2: 0.38mg (22.61%), Zinc: 3.1mg (20.64%), Folate: 79.18µg (19.8%), Vitamin B3: 3.84mg (19.19%), Vitamin B1: 0.28mg (18.42%), Vitamin B12: 1.07µg (17.84%), Iron: 2.54mg (14.14%), Magnesium: 49.81mg (12.45%), Vitamin B5: 1.24mg (12.4%), Vitamin A: 547.88IU (10.96%), Fiber: 2.6g (10.41%), Vitamin B6: 0.2mg (9.91%), Vitamin E: 1.21mg (8.04%), Potassium: 239.29mg (6.84%), Vitamin C: 3.07mg (3.72%), Vitamin D: 0.27µg (1.81%)