



Lobster Hash

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



300 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 2 tablespoons butter
- 1 teaspoon thyme leaves dried
- 1 cup green onions finely chopped
- 1 tablespoon juice of lemon fresh
- 4 cups live maine lobsters cooked coarsely chopped ()
- 0.5 cup bell pepper red chopped
- 4 cups potatoes red cooked peeled chopped

0.8 teaspoon salt

Equipment

bowl

frying pan

Directions

Combine the first 7 ingredients in a large bowl; cover and chill for 1 hour.

Heat butter in a large nonstick skillet over medium heat.

Add the lobster mixture to the pan, spreading evenly. Cook the lobster mixture for 10 minutes on each side or until lightly browned.

Sprinkle with lemon juice.

Nutrition Facts

 **PROTEIN 55.79%**  **FAT 23.4%**  **CARBS 20.81%**

Properties

Glycemic Index:36.5, Glycemic Load:0.63, Inflammation Score:-8, Nutrition Score:31.438260824784%

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 Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

Nutrients (% of daily need)

Calories: 299.53kcal (14.98%), Fat: 7.69g (11.83%), Saturated Fat: 4.08g (25.51%), Carbohydrates: 15.39g (5.13%), Net Carbohydrates: 12.93g (4.7%), Sugar: 2.44g (2.71%), Cholesterol: 315.52mg (105.17%), Sodium: 1500.25mg (65.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.25g (82.5%), Selenium: 151.11µg (215.87%), Copper: 3.32mg (166.04%), Zinc: 8.77mg (58.46%), Vitamin K: 59.82µg (56.97%), Vitamin B12: 2.97µg (49.49%), Phosphorus: 443.43mg (44.34%), Vitamin C: 36.57mg (44.32%), Vitamin B5: 3.73mg (37.3%), Magnesium: 114.78mg (28.69%), Potassium: 932.05mg (26.63%), Vitamin B3: 4.96mg (24.8%), Calcium: 232.99mg (23.3%), Vitamin B6: 0.45mg (22.33%), Vitamin A: 1032.45IU (20.65%), Vitamin E: 2.69mg (17.9%), Manganese: 0.34mg (16.81%), Folate: 63.39µg (15.85%), Iron: 1.94mg (10.79%), Fiber: 2.45g (9.81%), Vitamin B1: 0.13mg (8.97%), Vitamin B2: 0.1mg (5.67%)