



Lobster Roll

READY IN



33 min.

SERVINGS



4

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 stalk celery finely chopped
- ☐ 4 hot dog buns whole-wheat
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 pound live maine lobsters cooked cut into 1/3-inch pieces (2 1/2 cups)
- ☐ 3 tablespoons mayonnaise
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.5 cup nonfat yogurt or plain greek-style
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 tablespoon scallion greens chopped (1 scallion)

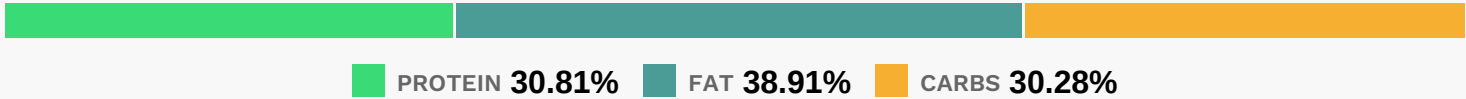
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sieve
- ☐ grill
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ If using regular yogurt, place it in a strainer lined with paper towel and set the strainer over a bowl.
- ☐ Let the yogurt drain and thicken for 20 minutes.
- ☐ In a bowl, stir together the thickened or Greek-style yogurt, mayonnaise, celery, scallion and lemon juice. Fold in the lobster meat and season, to taste, with salt and pepper. Chill until ready to use. Just before serving, open the hot dog buns and brush the inside with olive oil.
- ☐ Heat a grill pan over moderately high heat and grill the bread, cut side down, until toasted, about 3 minutes. Fill each with 3/4 cup of the lobster mixture and serve immediately.
- ☐ Excellent source of: Protein, Niacin, Vitamin B12, Copper, Magnesium, Manganese, Phosphorus, Selenium, Zinc
- ☐ Good source of: Fiber, Vitamin B6, Calcium, Iron, Potassium

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:12.84, Inflammation Score:-4, Nutrition Score:21.012608627262%

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 Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg,

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 328.34kcal (16.42%), Fat: 13.95g (21.47%), Saturated Fat: 2.32g (14.49%), Carbohydrates: 24.43g (8.14%), Net Carbohydrates: 23.43g (8.52%), Sugar: 5.77g (6.41%), Cholesterol: 149.04mg (49.68%), Sodium: 788.25mg (34.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.86g (49.72%), Selenium: 85.08µg (121.55%), Copper: 1.59mg (79.47%), Zinc: 4.65mg (30.99%), Vitamin B12: 1.7µg (28.36%), Phosphorus: 279.2mg (27.92%), Vitamin K: 27.52µg (26.21%), Calcium: 224.02mg (22.4%), Vitamin B5: 1.89mg (18.9%), Vitamin B3: 3.66mg (18.32%), Vitamin B1: 0.27mg (18.21%), Manganese: 0.33mg (16.33%), Folate: 60.82µg (15.2%), Magnesium: 60.59mg (15.15%), Vitamin E: 1.99mg (13.28%), Vitamin B2: 0.22mg (13.14%), Potassium: 394.21mg (11.26%), Iron: 1.88mg (10.43%), Vitamin B6: 0.17mg (8.61%), Fiber: 1g (4%), Vitamin C: 2.87mg (3.48%), Vitamin A: 74.56IU (1.49%)