



Lobster Roll

READY IN



45 min.

SERVINGS



6

CALORIES



528 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup celery drained chopped from 3 to 4 celery stalks
- ☐ 6 hot dog buns
- ☐ 2 pounds freshly picked lobster meat chilled steamed chopped
- ☐ 0.8 cup mayonnaise
- ☐ 2 teaspoons salt
- ☐ 6 tablespoons butter unsalted softened

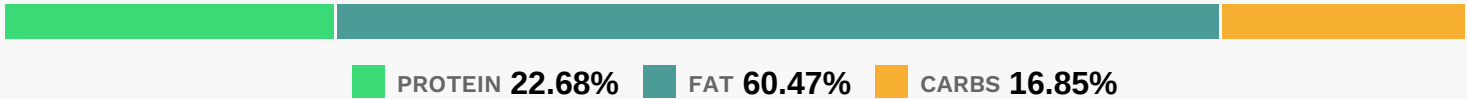
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ broiler

Directions

- ☐ In a medium bowl, combine the lobster meat, celery and mayonnaise and gently toss until well mixed. Season with the salt and pepper and chill for at least 30 minutes (or up to overnight) before serving.
- ☐ Preheat a large heavy skillet over medium flame. Lightly butter both sides of each bun and cook for 2 minutes per side, until golden brown. (The buns may also be toasted under a broiler.)
- ☐ When toasted, stuff them with the chilled lobster salad and serve immediately.

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:12.89, Inflammation Score:-6, Nutrition Score:24.477825859319%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 528.34kcal (26.42%), Fat: 35.13g (54.04%), Saturated Fat: 11.11g (69.42%), Carbohydrates: 22.01g (7.34%), Net Carbohydrates: 20.96g (7.62%), Sugar: 3.49g (3.88%), Cholesterol: 233.88mg (77.96%), Sodium: 1817.5mg (79.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.64g (59.29%), Selenium: 108.58µg (155.11%), Copper: 2.1mg (105.06%), Vitamin K: 53.73µg (51.17%), Zinc: 5.73mg (38.18%), Vitamin B12: 2.03µg (33.87%), Phosphorus: 299.76mg (29.98%), Vitamin B5: 2.3mg (22.97%), Vitamin B3: 4.24mg (21.21%), Calcium: 201.39mg (20.14%), Vitamin E: 2.72mg (18.13%), Vitamin B1: 0.27mg (17.88%), Manganese: 0.35mg (17.61%), Magnesium: 69.8mg (17.45%), Folate: 62.96µg (15.74%), Potassium: 408.24mg (11.66%), Iron: 1.96mg (10.89%), Vitamin B6: 0.2mg (9.97%), Vitamin B2: 0.17mg (9.84%), Vitamin A: 450.57IU (9.01%), Fiber: 1.06g (4.22%), Vitamin D: 0.27µg (1.77%), Vitamin C: 1.07mg (1.3%)