



## Lobster Roll

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 ounce butter soft for grilling buns
- ☐ 1 tablespoon dijon mustard
- ☐ 4 servings kosher salt & pepper to taste
- ☐ 1 pound lobster meat from three 1 cooked
- ☐ 4 tablespoon mayonnaise 1
- ☐ 1 ounce enough paprika to lightly dust the top of each roll sweet
- ☐ 2 tablespoon shallots minced
- ☐ 2 tablespoon tarragon minced

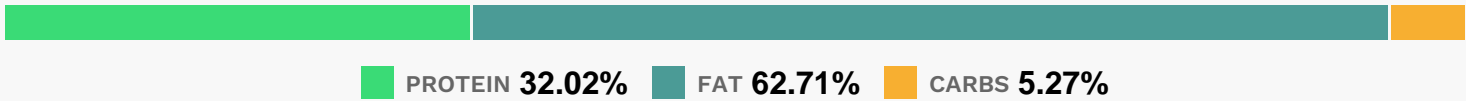
# Equipment

- ☐ frying pan
- ☐ mixing bowl
- ☐ pot
- ☐ plastic wrap
- ☐ grill
- ☐ poultry shears

# Directions

- ☐ If cooking your lobsters from scratch, put a few inches of salted water into a large stock pot with a tight fitting lid, and bring to a boil over high heat. When the water boils, remove any claw bands from the lobsters and quickly place them head down into the pan and cover to keep in all the steam. Steam the lobsters for 18 minutes, then pull them from the pot, place them in your kitchen sink and shower them with cold water until they are cool enough to touch.Rip off the tail and two claws from each, and working with a hammer, lobster shell crackers, or poultry shears, cut or break the shell away from the meat. Rip the meat into small chunks and place in a large mixing bowl. Discard the empty shells, or reserve for another use.
- ☐ Add the mayonnaise, mustard, shallots, tarragon, and celery to the lobster, mix well and taste for seasoning.
- ☐ Add salt and black pepper to taste, cover with plastic wrap and refrigerate until ready to make your rolls.Wash, dry and place the lettuce leaves in the fridge until ready to use.Slather some soft butter on the long sides of your four hot dog rolls, and grill them in a skillet until crisp and golden on both sides To assemble your roll, place 2 hot rolls on each plate and lay 2 leaves of lettuce in each. Spoon the lobster salad into each roll and sprinkle with a little paprika over the top of each.
- ☐ Serve with a healthy fistful of potato chips and some pickles.

# Nutrition Facts



# Properties

Glycemic Index:66, Glycemic Load:1.4, Inflammation Score:-6, Nutrition Score:18.966521872127%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 251.39kcal (12.57%), Fat: 17.48g (26.89%), Saturated Fat: 5.57g (34.79%), Carbohydrates: 3.31g (1.1%), Net Carbohydrates: 2.58g (0.94%), Sugar: 0.83g (0.92%), Cholesterol: 165.13mg (55.04%), Sodium: 852.24mg (37.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.08g (40.16%), Selenium: 74.01µg (105.73%), Copper: 1.56mg (78.23%), Zinc: 4.23mg (28.19%), Vitamin B12: 1.45µg (24.11%), Vitamin K: 23.76µg (22.63%), Phosphorus: 207.06mg (20.71%), Manganese: 0.38mg (19.1%), Vitamin B5: 1.72mg (17.23%), Magnesium: 59.22mg (14.81%), Calcium: 142.77mg (14.28%), Vitamin C: 11.24mg (13.62%), Vitamin B6: 0.24mg (12.2%), Vitamin E: 1.74mg (11.58%), Vitamin A: 562.52IU (11.25%), Vitamin B3: 2.22mg (11.1%), Potassium: 374.32mg (10.69%), Iron: 1.61mg (8.93%), Folate: 27.07µg (6.77%), Vitamin B2: 0.08mg (4.55%), Vitamin B1: 0.05mg (3.14%), Fiber: 0.73g (2.92%)