



Lobster Rolls

READY IN



20 min.

SERVINGS



4

CALORIES



550 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings butter melted for brushing
- ☐ 2 inner celery stalks and leaves finely chopped
- ☐ 2 tablespoons parsley leaves fresh chopped
- ☐ 3 tablespoons juice of lemon freshly squeezed
- ☐ 6 pound lobsters cooked
- ☐ 0.5 cup mayonnaise
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 rolls split lightly toasted

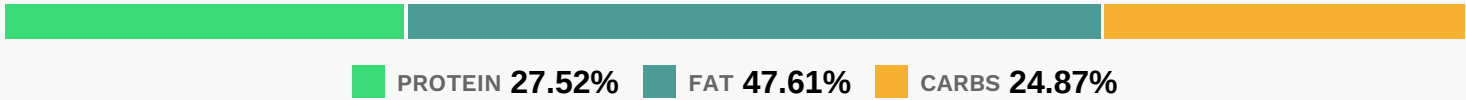
Equipment

☐ bowl

Directions

- ☐ Remove the meat from the lobsters, chopping any large chunks into bite-size pieces. In a bowl, combine the lobster meat, mayonnaise, lemon juice, celery, parsley, and salt and pepper to taste.
- ☐ Brush cut sides of the rolls with melted butter and fill with the lobster salad.

Nutrition Facts



Properties

Glycemic Index:67.25, Glycemic Load:23.08, Inflammation Score:-5, Nutrition Score:26.764782527219%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 4.37mg, Apigenin: 4.37mg, Apigenin: 4.37mg, Apigenin: 4.37mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 549.91kcal (27.5%), Fat: 28.68g (44.12%), Saturated Fat: 6.2g (38.75%), Carbohydrates: 33.71g (11.24%), Net Carbohydrates: 32.48g (11.81%), Sugar: 4.82g (5.36%), Cholesterol: 264.46mg (88.15%), Sodium: 1311.17mg (57.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.3g (74.6%), Selenium: 121.88µg (174.12%), Copper: 2.58mg (129.1%), Vitamin K: 79.54µg (75.75%), Iron: 11.35mg (63.07%), Zinc: 6.8mg (45.35%), Vitamin B12: 2.42µg (40.39%), Phosphorus: 316.5mg (31.65%), Vitamin B5: 2.84mg (28.43%), Magnesium: 74.84mg (18.71%), Vitamin E: 2.73mg (18.2%), Calcium: 174.54mg (17.45%), Vitamin B3: 3.08mg (15.39%), Potassium: 417.01mg (11.91%), Vitamin B6: 0.21mg (10.46%), Vitamin C: 7.08mg (8.58%), Folate: 26.63µg (6.66%), Vitamin A: 329.45IU (6.59%), Manganese: 0.13mg (6.4%), Fiber: 1.22g (4.89%), Vitamin B1: 0.05mg (3.07%), Vitamin B2: 0.04mg (2.27%)