



Lobster Rolls

 Popular

READY IN



15 min.

SERVINGS



4

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter softened
- ☐ 1 stalk celery finely chopped
- ☐ 1 pinch basil dried
- ☐ 2 green onions chopped
- ☐ 4 lettuce leaves
- ☐ 1 teaspoon juice of lime fresh
- ☐ 1.5 pounds live maine lobsters cubed cooked
- ☐ 2 tablespoons mayonnaise

- ☐ 1 dash pepper sauce hot
- ☐ 4 servings salt and pepper to taste
- ☐ 4 kaiser rolls split

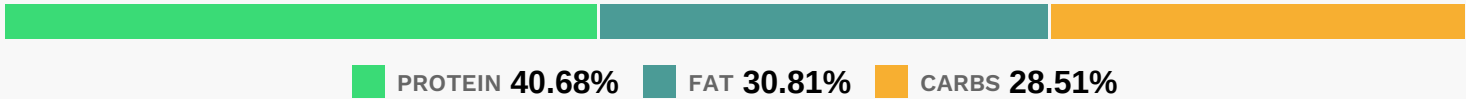
Equipment

- ☐ bowl

Directions

- ☐ Lightly butter the insides of the buns or rolls and line with lettuce leaves. Set aside.
- ☐ In a medium bowl, stir together the mayonnaise, lime juice, hot pepper sauce, salt and pepper until well blended.
- ☐ Mix in the green onion and celery, then lightly mix in the lobster so it just gets coated without falling apart.
- ☐ Stuff the lobster filling into the buns and sprinkle parsley, basil or tarragon lightly over the filling.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:12.88, Inflammation Score:-9, Nutrition Score:26.776521614064%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 330.06kcal (16.5%), Fat: 11.05g (17%), Saturated Fat: 3.3g (20.6%), Carbohydrates: 23.02g (7.67%), Net Carbohydrates: 21.6g (7.85%), Sugar: 3.68g (4.08%), Cholesterol: 226.49mg (75.5%), Sodium: 1206.76mg (52.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.83g (65.66%), Selenium: 120.17µg (171.67%), Copper: 2.36mg (117.82%), Zinc: 6.43mg (42.88%), Vitamin A: 1983.45IU (39.67%), Vitamin B12: 2.23µg (37.09%), Phosphorus:

331.53mg (33.15%), Vitamin K: 33.34µg (31.75%), Vitamin B5: 2.51mg (25.13%), Vitamin B3: 4.66mg (23.29%), Calcium: 228.34mg (22.83%), Manganese: 0.45mg (22.4%), Magnesium: 81.86mg (20.46%), Vitamin B1: 0.3mg (19.71%), Folate: 74.88µg (18.72%), Potassium: 491.52mg (14.04%), Vitamin E: 2.07mg (13.78%), Iron: 2.47mg (13.71%), Vitamin B6: 0.24mg (12.16%), Vitamin B2: 0.19mg (11.19%), Vitamin C: 6.71mg (8.13%), Fiber: 1.42g (5.68%)