



Lobster Rolls

READY IN



10 min.

SERVINGS



4

CALORIES



402 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 lb imitation lobster refrigerated cooked cut into bite-size pieces
- ☐ 6 tablespoons mayonnaise
- ☐ 0.5 teaspoon seafood seasoning (from 6-oz container)
- ☐ 0.5 teaspoon tarragon dried
- ☐ 1 serving salt and pepper to taste
- ☐ 1 tablespoon butter softened
- ☐ 4 hotdog buns split
- ☐ 4 leaves boston lettuce

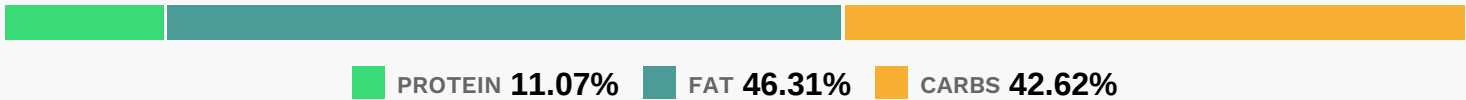
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In medium bowl, stir together lobster, mayonnaise, seafood seasoning, tarragon, salt and pepper just until combined. Set aside.
- ☐ Heat 10-inch skillet over medium-high heat.
- ☐ Spread butter on cut sides of buns.
- ☐ Place cut sides down in skillet; cook about 2 minutes or until toasted.
- ☐ Place buns on plates; fill with lettuce and lobster mixture.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:58, Glycemic Load:12.86, Inflammation Score:-5, Nutrition Score:8.7008696392826%

Flavonoids

Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 402.19kcal (20.11%), Fat: 20.28g (31.2%), Saturated Fat: 4.63g (28.94%), Carbohydrates: 42g (14%), Net Carbohydrates: 39.77g (14.46%), Sugar: 7.11g (7.9%), Cholesterol: 28.82mg (9.61%), Sodium: 1052.52mg (45.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.9g (21.81%), Vitamin K: 53.87µg (51.31%), Selenium: 12.2µg (17.42%), Vitamin B1: 0.24mg (16.19%), Manganese: 0.3mg (15.03%), Folate: 53.08µg (13.27%), Vitamin A: 615.42IU (12.31%), Iron: 1.86mg (10.32%), Vitamin B3: 1.86mg (9.31%), Fiber: 2.22g (8.9%), Vitamin B2: 0.14mg (8.5%), Calcium: 74.34mg (7.43%), Vitamin E: 0.92mg (6.1%), Phosphorus: 54.33mg (5.43%), Magnesium: 13.43mg (3.36%), Potassium: 101.86mg (2.91%), Copper: 0.06mg (2.83%), Zinc: 0.39mg (2.62%), Vitamin B6: 0.05mg (2.51%), Vitamin B12: 0.12µg (1.94%), Vitamin C: 1.26mg (1.53%)