



Lobster Rolls

READY IN



13 min.

SERVINGS



4

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter softened
- ☐ 2 rib celery finely chopped
- ☐ 2 teaspoons chives fresh chopped
- ☐ 4 top-loading hot dog buns
- ☐ 0.3 teaspoon hot sauce
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest
- ☐ 4 cups live maine lobsters chilled cooked chopped
- ☐ 0.5 cup mayonnaise

- ☐ 0.3 teaspoon cracked pepper black
- ☐ 0.5 teaspoon salt

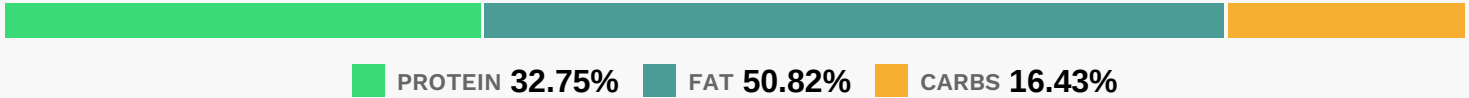
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 7 ingredients in a large bowl. Cover and chill until ready to serve.
- ☐ Spread butter on buns; press buns open, and place, buttered sides down, in a large nonstick skillet over medium–high heat. Cook until golden brown. Fill buns with lobster mixture, and sprinkle with chives and cracked black pepper.

Nutrition Facts



Properties

Glycemic Index:67.75, Glycemic Load:12.83, Inflammation Score:-6, Nutrition Score:28.457391350166%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 542.84kcal (27.14%), Fat: 30.08g (46.27%), Saturated Fat: 7.66g (47.9%), Carbohydrates: 21.88g (7.29%), Net Carbohydrates: 21.02g (7.64%), Sugar: 3.38g (3.76%), Cholesterol: 327.28mg (109.09%), Sodium: 1731.31mg (75.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.62g (87.23%), Selenium: 162.76µg (232.52%), Copper: 3.25mg (162.35%), Zinc: 8.72mg (58.12%), Vitamin B12: 3.09µg (51.46%), Vitamin K: 49.59µg (47.23%), Phosphorus: 432.36mg (43.24%), Vitamin B5: 3.49mg (34.95%), Vitamin B3: 5.55mg (27.77%), Calcium: 265.83mg (26.58%), Magnesium: 100.86mg (25.21%), Vitamin E: 3.26mg (21.76%), Manganese: 0.39mg (19.46%), Vitamin B1: 0.28mg (18.87%), Folate: 66.74µg (16.69%), Potassium: 541.43mg (15.47%), Vitamin B6: 0.28mg (13.96%), Iron:

2.16mg (12.02%), Vitamin B2: 0.17mg (9.95%), Vitamin A: 228.47IU (4.57%), Fiber: 0.86g (3.42%), Vitamin C: 2.82mg (3.42%)