



Lobster Rolls

READY IN



45 min.

SERVINGS



2

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter room temperature
- ☐ 0.5 head boston lettuce thinly sliced
- ☐ 2 hot dog rolls
- ☐ 8 ounces live maine lobsters cooked
- ☐ 3 tablespoons mayonnaise

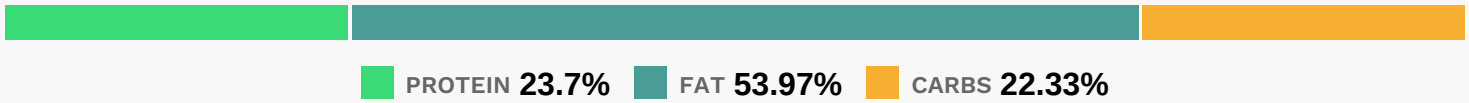
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine lobster meat and mayonnaise in medium bowl. Season to taste with salt and pepper.
- ☐ Butter outside surfaces of hot dog rolls.
- ☐ Heat medium skillet over medium-high heat.
- ☐ Place rolls, 1 buttered side down, in skillet; cook until browned slightly, about 2 minutes per side. Open rolls. Fill with lettuce, then lobster mixture, and serve.

Nutrition Facts



Properties

Glycemic Index:81, Glycemic Load:12.79, Inflammation Score:-8, Nutrition Score:24.116086950769%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 404.18kcal (20.21%), Fat: 23.99g (36.9%), Saturated Fat: 6.63g (41.44%), Carbohydrates: 22.33g (7.44%), Net Carbohydrates: 21.11g (7.68%), Sugar: 3.6g (4%), Cholesterol: 167.89mg (55.96%), Sodium: 870.02mg (37.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.7g (47.39%), Selenium: 84.48µg (120.68%), Copper: 1.59mg (79.33%), Vitamin K: 78.45µg (74.71%), Vitamin A: 1543.18IU (30.86%), Zinc: 4.43mg (29.55%), Vitamin B12: 1.54µg (25.66%), Phosphorus: 245.03mg (24.5%), Folate: 82.3µg (20.57%), Vitamin B3: 3.73mg (18.65%), Manganese: 0.37mg (18.65%), Vitamin B1: 0.28mg (18.61%), Vitamin B5: 1.75mg (17.48%), Calcium: 174.08mg (17.41%), Magnesium: 58.51mg (14.63%), Vitamin E: 2.03mg (13.51%), Iron: 2.3mg (12.8%), Potassium: 381.51mg (10.9%), Vitamin B2: 0.17mg (10.22%), Vitamin B6: 0.18mg (9%), Fiber: 1.21g (4.85%), Vitamin C: 2.06mg (2.5%)