



Lobster Rolls with Lemon Vinaigrette and Garlic Butter

READY IN



45 min.

SERVINGS



6

CALORIES



305 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup celery peeled finely chopped
- ☐ 0.3 cup celery leaves
- ☐ 0.3 cup flat parsley chopped
- ☐ 3 garlic clove smashed
- ☐ 6 hotdog buns
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 6 servings lemon wedges
- ☐ 0.3 pounds pd of lobster

- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.3 cup spring onion thinly sliced
- ☐ 0.5 stick butter unsalted

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ grill
- ☐ tongs
- ☐ grill pan

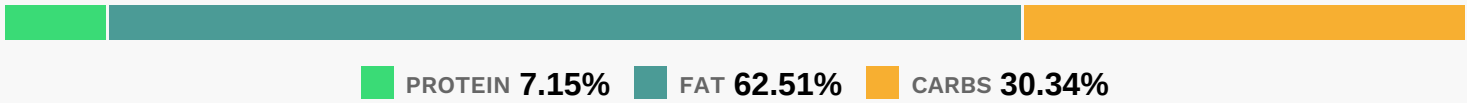
Directions

- ☐ Prepare a gas grill for direct-heat cooking over medium heat; see Grilling Procedure.
- ☐ Plunge 2 lobsters headfirst into a large pot of salted boiling water and cook, partially covered, over medium-high heat 8 minutes (for 1 1/4-pounds lobsters) to 9 minutes (for 1 1/2-pounds lobsters) from time they enter water.
- ☐ Transfer with tongs to an ice bath and let stand until completely cooled. Return water to a boil and cook and cool remaining 2 lobsters.
- ☐ Remove meat from claws, joints, and tails. Coarsely chop meat.
- ☐ Whisk together lemon juice, oil, and 1/2 tsp salt in a large bowl.
- ☐ Whisk in scallions, celery, celery leaves, and parsley, then add lobster and gently toss. Season with salt.
- ☐ Melt butter with garlic in a small saucepan over low heat, mashing garlic with a spoon.
- ☐ Brush inside of buns with garlic butter. Grill, buttered side down, until golden, about 1 minute.
- ☐ Fill buns with lobster.
- ☐ •Lobsters can be cooked 1 day ahead.

☐

Remove meat from shells and chill. •Buns can be grilled in a lightly oiled hot 2–burner grill pan over medium heat or toasted in a 350°F oven 5 to 7 minutes.

Nutrition Facts



Properties

Glycemic Index:40.92, Glycemic Load:13.05, Inflammation Score:-6, Nutrition Score:10.620869561382%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 5.8mg, Apigenin: 5.8mg, Apigenin: 5.8mg, Apigenin: 5.8mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 305.07kcal (15.25%), Fat: 21.42g (32.96%), Saturated Fat: 6.88g (42.98%), Carbohydrates: 23.39g (7.8%), Net Carbohydrates: 22.09g (8.03%), Sugar: 3.67g (4.08%), Cholesterol: 26.97mg (8.99%), Sodium: 247.5mg (10.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.51g (11.02%), Vitamin K: 66.57µg (63.4%), Selenium: 15.34µg (21.91%), Vitamin B1: 0.25mg (16.38%), Vitamin E: 2.21mg (14.72%), Manganese: 0.29mg (14.6%), Folate: 54.84µg (13.71%), Vitamin A: 565.91IU (11.32%), Vitamin C: 9.26mg (11.22%), Iron: 1.84mg (10.24%), Vitamin B3: 1.99mg (9.95%), Vitamin B2: 0.15mg (8.71%), Calcium: 84.53mg (8.45%), Copper: 0.14mg (6.93%), Phosphorus: 63.64mg (6.36%), Fiber: 1.3g (5.2%), Magnesium: 16.79mg (4.2%), Potassium: 145.69mg (4.16%), Zinc: 0.59mg (3.96%), Vitamin B6: 0.07mg (3.57%), Vitamin B12: 0.17µg (2.79%), Vitamin B5: 0.16mg (1.56%)