



WHATSheATE



Lobster Salad Rolls with Shaved Fennel and Citrus

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



283 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups fennel bulb thinly sliced (1 medium)
- ☐ 2 teaspoons tarragon fresh chopped
- ☐ 9 ounce hot dog buns
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 3 cups live maine lobsters cooked coarsely chopped (3 [])
- ☐ 3 tablespoons canola mayonnaise

- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 1 tablespoon orange juice fresh
- ☐ 0.5 teaspoon orange rind grated
- ☐ 1 tablespoon rice wine vinegar

Equipment

- ☐ frying pan

Directions

- ☐ Combine lobster, mayonnaise, 2 teaspoons tarragon, and 1/4 teaspoon salt; cover and refrigerate.
- ☐ Combine fennel, remaining 1/4 teaspoon salt, orange rind, and next 5 ingredients (through pepper).
- ☐ Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- ☐ Add buns to pan; cook 2 minutes on each side or until lightly browned.
- ☐ Place 1/3 cup fennel salad in each bun. Top each serving with 1/2 cup lobster salad.

Nutrition Facts



Properties

Glycemic Index:60.17, Glycemic Load:13.66, Inflammation Score:-5, Nutrition Score:21.544782564692%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 282.75kcal (14.14%), Fat: 9.24g (14.22%), Saturated Fat: 1.62g (10.1%), Carbohydrates: 24.36g (8.12%), Net Carbohydrates: 22.59g (8.22%), Sugar: 4.58g (5.09%), Cholesterol: 153.17mg (51.06%), Sodium: 964.34mg (41.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.32g (48.63%), Selenium: 87.22µg (124.6%), Copper: 1.67mg (83.52%), Vitamin K: 32.61µg (31.05%), Zinc: 4.59mg (30.57%), Vitamin B12: 1.57µg (26.2%), Phosphorus: 252.41mg (25.24%), Manganese: 0.42mg (21.18%), Vitamin B3: 3.92mg (19.6%), Calcium: 184.36mg (18.44%), Vitamin B5: 1.8mg

(18.04%), Vitamin B1: 0.26mg (17.55%), Folate: 63.22µg (15.81%), Magnesium: 62.72mg (15.68%), Potassium: 439.87mg (12.57%), Iron: 2.23mg (12.42%), Vitamin E: 1.74mg (11.6%), Vitamin B2: 0.16mg (9.64%), Vitamin B6: 0.18mg (9.14%), Vitamin C: 6.98mg (8.46%), Fiber: 1.77g (7.06%), Vitamin A: 83.54IU (1.67%)