



Lobster With Roasted Sweet Corn Rémoulade

 Dairy Free

READY IN



31 min.

SERVINGS



4

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups regular corn fresh yellow (3 large ears)
- 3 tablespoons crawfish tails (such as Zatarain's)
- 2 tablespoons dijon mustard
- 1.5 tablespoons parsley fresh chopped
- 0.3 cup mayonnaise light
- 16 ounce lobster tail pieces fresh thawed
- 0.1 teaspoon pepper freshly ground
- 0.1 teaspoon salt

- 4 small rolls french (such as Earth Grains)
- 8 cups water

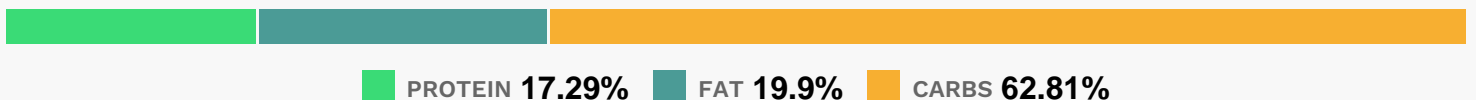
Equipment

- bowl
- frying pan
- sauce pan
- kitchen scissors
- cutting board

Directions

- Coat a jellyroll pan with cooking spray.
- Spread corn in pan. Broil 3 inches from heat 10 minutes, stirring occasionally.
- Remove from pan, and spread out to cool. Set aside.
- Bring water to a boil in a 3-quart saucepan; add crawfish, shrimp, and crab boil. Return to a boil. Reduce heat, and simmer, uncovered, 1 minute.
- Add lobster tails; return to a boil. Reduce heat, and simmer, uncovered, 5 minutes.
- Remove lobster tails, and place on a cutting board.
- Cut down center of lobster tails with heavy scissors; spread opening apart, and remove lobster meat. Coarsely chop lobster. Set aside.
- Combine mayonnaise and next 4 ingredients in a medium bowl; add reserved lobster and corn, stirring gently. Split rolls to, but not through, bottom of roll; spoon about 1/2 cup mixture into each roll.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:23.01, Inflammation Score:-5, Nutrition Score:15.273478197015%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg

Nutrients (% of daily need)

Calories: 307.84kcal (15.39%), Fat: 7.02g (10.8%), Saturated Fat: 0.9g (5.6%), Carbohydrates: 49.87g (16.62%), Net Carbohydrates: 46.63g (16.95%), Sugar: 9.58g (10.64%), Cholesterol: 42.56mg (14.19%), Sodium: 733.98mg (31.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.72g (27.44%), Iron: 12.41mg (68.93%), Vitamin K: 56.71µg (54.01%), Selenium: 23.76µg (33.95%), Copper: 0.58mg (28.99%), Manganese: 0.38mg (19.22%), Magnesium: 55.08mg (13.77%), Phosphorus: 131.94mg (13.19%), Fiber: 3.24g (12.97%), Zinc: 1.67mg (11.14%), Folate: 41.14µg (10.29%), Vitamin B5: 1.02mg (10.17%), Vitamin B3: 1.94mg (9.71%), Vitamin B1: 0.14mg (9.55%), Vitamin C: 7.32mg (8.87%), Potassium: 304.52mg (8.7%), Calcium: 86.54mg (8.65%), Vitamin B6: 0.15mg (7.35%), Vitamin A: 357.63IU (7.15%), Vitamin B12: 0.4µg (6.61%), Vitamin E: 0.71mg (4.74%), Vitamin B2: 0.06mg (3.33%)