



Lobster Wraps with Lemon Mayonnaise

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

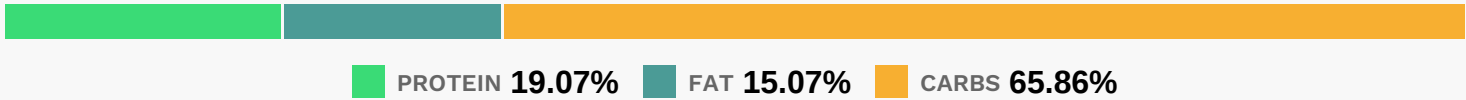
- ☐ 8 bibb lettuce leaves
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.3 cup mayonnaise light
- ☐ 16 ounce lobster tail pieces cooked chopped
- ☐ 0.8 cup tomatoes seeded chopped (1 medium)
- ☐ 11.2 ounce flatbreads whole wheat (such as Flatout)

Equipment

Directions

- ☐
- To prepare lemon mayonnaise, combine 1/4 cup mayonnnaise, chives, 1 teaspoon lemon juice, and 1/8 teaspoon black pepper; stir well.
- ☐
- Combine lemon mayonnaise, tomato, and lobster; stir well. Divide the lobster mixture evenly among flatbreads. Top each serving with 2 lettuce leaves.
- ☐
- Roll up jelly-roll fashion.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:0.31, Inflammation Score:-8, Nutrition Score:20.600434821585%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 275.55kcal (13.78%), Fat: 4.84g (7.45%), Saturated Fat: 0.73g (4.54%), Carbohydrates: 47.61g (15.87%), Net Carbohydrates: 42.05g (15.29%), Sugar: 3.85g (4.28%), Cholesterol: 42.56mg (14.19%), Sodium: 587.24mg (25.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.79g (27.57%), Selenium: 55.68µg (79.55%), Manganese: 1.5mg (74.96%), Vitamin K: 44.82µg (42.69%), Copper: 0.69mg (34.29%), Vitamin A: 1303.1IU (26.06%), Fiber: 5.56g (22.26%), Phosphorus: 213.78mg (21.38%), Vitamin B1: 0.31mg (20.37%), Magnesium: 74.9mg (18.73%), Iron: 3.01mg (16.72%), Zinc: 2.45mg (16.36%), Vitamin B3: 3.05mg (15.23%), Folate: 59.44µg (14.86%), Vitamin B6: 0.29mg (14.67%), Vitamin B5: 1.21mg (12.05%), Potassium: 346.96mg (9.91%), Vitamin E: 1.28mg (8.52%), Vitamin C: 6.29mg (7.63%), Vitamin B12: 0.4µg (6.61%), Vitamin B2: 0.09mg (5.52%), Calcium: 54.44mg (5.44%)