



Low-Fat Lobster Rolls

 Dairy Free

READY IN



9 min.

SERVINGS



4

CALORIES



183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 boston lettuce leaves
- 1 pinch pepper black freshly ground
- 2 tablespoons celery minced
- 2 teaspoons chives fresh minced
- 2 teaspoons juice of lemon fresh
- 0.5 teaspoon lemon zest
- 8 ounces live maine lobsters cooked chopped
- 2 tablespoons mayonnaise reduced-fat

- 2 roma tomatoes thinly sliced
- 0.1 teaspoon salt
- 4 buns whole wheat

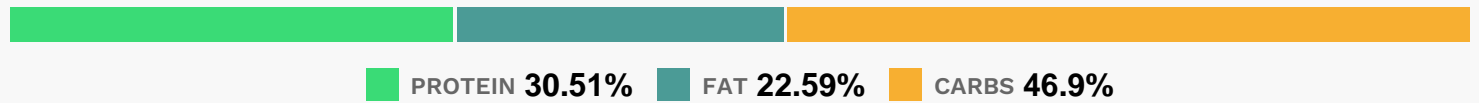
Equipment

- bowl
- frying pan

Directions

- Combine first 8 ingredients in a medium bowl. Cover and chill until ready to serve.
- Heat a large nonstick skillet over medium heat. Lightly spray insides of buns with butter-flavored cooking spray, and place, sprayed sides down, in skillet. Cook 1 to 2 minutes or until golden brown.
- Layer buns evenly with lettuce leaves, tomato slices, and lobster mixture.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:0.34, Inflammation Score:-8, Nutrition Score:17.569130254828%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 183.01kcal (9.15%), Fat: 4.68g (7.19%), Saturated Fat: 0.96g (5.98%), Carbohydrates: 21.84g (7.28%), Net Carbohydrates: 19.41g (7.06%), Sugar: 4.14g (4.6%), Cholesterol: 73.13mg (24.38%), Sodium: 571.36mg (24.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.21g (28.42%), Selenium: 49.96µg (71.38%), Copper: 0.88mg (44.21%), Vitamin K: 40.49µg (38.57%), Manganese: 0.56mg (28.12%), Vitamin A: 1299.13IU (25.98%), Folate: 82.18µg

(20.54%), Zinc: 2.58mg (17.17%), Phosphorus: 163.04mg (16.3%), Vitamin B1: 0.24mg (15.95%), Vitamin B3: 3.11mg (15.57%), Iron: 2.31mg (12.86%), Magnesium: 48.58mg (12.14%), Vitamin B12: 0.71µg (11.88%), Vitamin B5: 1.12mg (11.23%), Calcium: 104.72mg (10.47%), Vitamin B2: 0.17mg (9.86%), Potassium: 343.64mg (9.82%), Fiber: 2.43g (9.74%), Vitamin C: 7.06mg (8.56%), Vitamin B6: 0.15mg (7.65%), Vitamin E: 0.91mg (6.09%)