



Lure Fishbar's Lobster Roll

 Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 servings brioche hamburger buns split
- 4 servings celery diced finely
- 4 servings chives chopped
- 4 servings cucumber diced finely
- 4 servings dijon mustard
- 4 servings optional: lemon
- 4 servings live maine lobsters cooked roughly chopped (freshly and tails)
- 4 servings mayonnaise

- 4 servings salt and pepper to taste
- 4 servings all the tabasco sauce you handle to taste

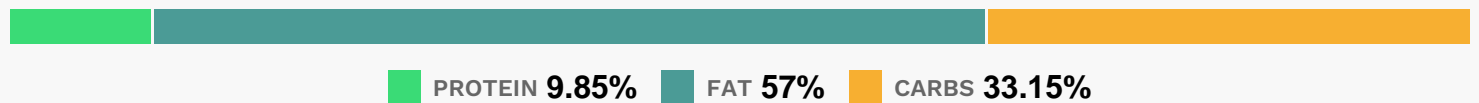
Equipment

- bowl

Directions

- In a large bowl, combine the lobster meat, mayonnaise, lemon, chives, mustard, cucumber, celery, tabasco and salt and pepper. Toast buns and evenly divide filling between the four rolls.
- Serve with fries. Try out these lobster recipes on Food Republic: Simple Grilled Whole Lobster Recipe
- Zakary Pelaccio's Lobster Club Sandwich Recipe
- Lobster Scrambled Eggs Recipe

Nutrition Facts



Properties

Glycemic Index: 49.88, Glycemic Load: 0.64, Inflammation Score: -5, Nutrition Score: 6.0308696635715%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 3.13mg, Apigenin: 3.13mg, Apigenin: 3.13mg, Apigenin: 3.13mg Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 53.17kcal (2.66%), Fat: 3.61g (5.56%), Saturated Fat: 0.66g (4.14%), Carbohydrates: 4.73g (1.58%), Net Carbohydrates: 2.53g (0.92%), Sugar: 1.78g (1.97%), Cholesterol: 4.66mg (1.55%), Sodium: 373.82mg (16.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.81%), Vitamin K: 41.03µg (39.08%), Vitamin A: 554.61IU (11.09%), Folate: 42.22µg (10.55%), Vitamin C: 7.83mg (9.49%), Potassium: 310.46mg (8.87%), Fiber: 2.2g (8.81%),

Manganese: 0.14mg (7.1%), Calcium: 51.89mg (5.19%), Vitamin B6: 0.09mg (4.69%), Selenium: 2.91µg (4.15%),
Vitamin B2: 0.07mg (4.1%), Magnesium: 16.03mg (4.01%), Phosphorus: 36.17mg (3.62%), Vitamin B5: 0.33mg
(3.26%), Vitamin E: 0.47mg (3.12%), Copper: 0.06mg (3.07%), Vitamin B1: 0.04mg (2.47%), Iron: 0.38mg (2.13%),
Vitamin B3: 0.41mg (2.05%), Zinc: 0.23mg (1.52%)