



## Midnight Food Porn: Sam Talbot's Butter-Poached Lobster Roll

READY IN



70 min.

SERVINGS



2

CALORIES



215 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 servings boston lettuce
- 2 servings celery leaves
- 2 servings chives chopped
- 2 servings optional: lemon organic
- 2 servings live maine lobsters raw
- 2 servings peppercorns
- 2 servings sea salt
- 2 servings portugese rolls

2 servings butter unsalted

## Equipment

oven

mixing bowl

slotted spoon

## Directions

Bring the butter to medium heat, add the lobster and poach a second time for about 60 to 90 seconds. With a slotted spoon, scoop the lobster into a mixing bowl and set aside.

Add the lemon juice, chives, celery leaves, sea salt and freshly ground pink peppercorn to mixing bowl. Gently slice lobster meat into smaller pieces and toss with spices until mixed throughout. Toast buns, brushing with the melted butter and some sea salt.

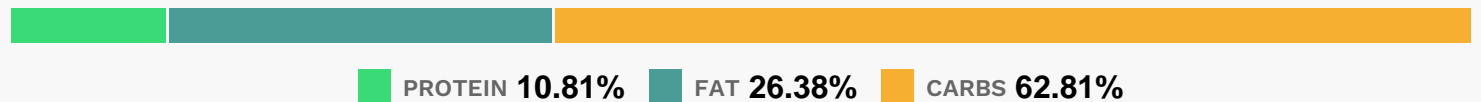
Place the lobster meat inside and garnish with lettuce and enjoy immediately. More lobster recipes on Food Republic: [Lure Fishbar's Lobster](#)

[Roll Recipe](#)

[Simple Grilled Whole Lobster Recipe](#)

[Lobster Cocktail With Oven-Dried Cherry Tomatoes Recipe](#)

## Nutrition Facts



## Properties

Glycemic Index:103.75, Glycemic Load:23.21, Inflammation Score:-2, Nutrition Score:4.3582608712756%

## 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: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 214.97kcal (10.75%), Fat: 6.33g (9.74%), Saturated Fat: 2.59g (16.18%), Carbohydrates: 33.91g (11.3%), Net Carbohydrates: 32.34g (11.76%), Sugar: 4.56g (5.06%), Cholesterol: 12.02mg (4.01%), Sodium: 492.31mg (21.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.84g (11.68%), Iron: 10.82mg (60.14%), Manganese: 0.14mg (6.87%), Fiber: 1.57g (6.26%), Vitamin C: 4.36mg (5.28%), Vitamin K: 5.43µg (5.17%), Vitamin A: 213.14IU (4.26%), Calcium: 16.47mg (1.65%), Copper: 0.03mg (1.62%), Selenium: 0.78µg (1.12%), Vitamin E: 0.15mg (1.01%)