



Picnic-Perfect Lobster Rolls

 Dairy Free

READY IN



72 min.

SERVINGS



4

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup celery chopped
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 tablespoon tarragon fresh finely chopped
- ☐ 2 tablespoons green onions chopped
- ☐ 0.1 teaspoon ground pepper red
- ☐ 6 ounce new hot dog buns england-style toasted
- ☐ 0.3 teaspoon kosher salt

- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 0.8 pound live maine lobsters steamed chopped
- ☐ 3 tablespoons canola mayonnaise

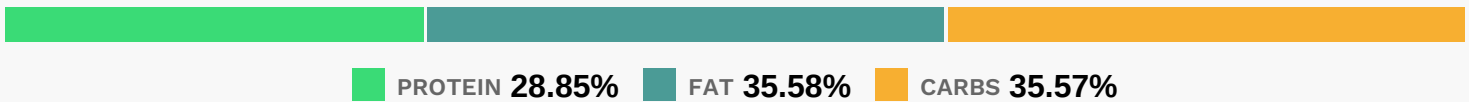
Equipment

- ☐ bowl

Directions

- ☐ Combine first 11 ingredients in a large bowl, stirring well; cover and chill at least 1 hour. Divide lobster mixture evenly among buns.

Nutrition Facts



Properties

Glycemic Index:85.5, Glycemic Load:13.39, Inflammation Score:-5, Nutrition Score:18.309130747033%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 265.08kcal (13.25%), Fat: 10.35g (15.93%), Saturated Fat: 1.79g (11.16%), Carbohydrates: 23.29g (7.76%), Net Carbohydrates: 22.06g (8.02%), Sugar: 3.51g (3.9%), Cholesterol: 112.42mg (37.47%), Sodium: 797.13mg (34.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.89g (37.77%), Selenium: 66.26µg (94.66%), Copper: 1.22mg (60.83%), Vitamin K: 28.1µg (26.76%), Zinc: 3.43mg (22.87%), Manganese: 0.46mg (22.86%), Vitamin B12: 1.16µg (19.35%), Phosphorus: 192.23mg (19.22%), Vitamin B1: 0.26mg (17.32%), Vitamin B3: 3.35mg (16.73%), Calcium: 160.78mg (16.08%), Folate: 60.04µg (15.01%), Iron: 2.36mg (13.13%), Vitamin B5: 1.29mg (12.85%), Magnesium: 50.79mg (12.7%), Vitamin B2: 0.17mg (10.18%), Potassium: 317.17mg (9.06%), Vitamin B6: 0.17mg (8.58%), Vitamin E: 1.27mg (8.46%), Vitamin C: 4.8mg (5.82%), Fiber: 1.23g (4.91%), Vitamin A: 179.45IU (3.59%)