



## The Ultimate Lobster, Bacon, Lettuce, Avocado, and Tomato Sandwiches

 Dairy Free

READY IN



60 min.

SERVINGS



2

CALORIES



2357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 avocado thinly sliced
- ☐ 2 tablespoons chives finely sliced
- ☐ 2 small ciabatta bread split
- ☐ 4 inner leaves iceberg lettuce yellow crisp
- ☐ 2 servings pepper black freshly ground
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 pound pd of lobster

- ☐ 2 tablespoons mayonnaise homemade
- ☐ 1 pound bacon thick-cut
- ☐ 2 tomatoes ripe

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler
- ☐ kitchen towels
- ☐ dutch oven
- ☐ cutting board
- ☐ chefs knife

## Directions

- ☐ For the Tomatoes: Bring a large pot of water that can fit a steamer attachment to a boil.
- ☐ Cut a small X in the bottom of each tomato.
- ☐ Place tomatoes in water and cook for 30 seconds, then immediately transfer to a bowl of cold water. Set aside.
- ☐ Pour off all but 1 inch of water from Dutch oven and add steamer insert. Cover and keep hot.
- ☐ For the Lobster: Adjust oven rack to middle position and preheat oven to 350°F. Meanwhile, kill each lobster by pressing the tip of a heavy chef's knife in the crack just behind the eyes in the center of the carapace. Press down firmly, then split head in half. Using kitchen towels, twist off tail and claws (including knuckles) from carapace. Save carapace for another use.
- ☐ Place lobster claws and tails in steamer insert. Cover and steam for exactly 2 minutes, then transfer lobster to a foil-lined rimmed baking sheet (lobsters may still be twitching

- slightly—this is a reflex reaction. Don't worry, they are dead). Repeat with remaining lobster.
- ☐ Transfer to oven and roast until claws reach 135°F in the center as measured on an instant-read thermometer, about 7 minutes.
  - ☐ Remove claws and set aside on large plate. Continue roasting until tails reach 135°F in center, 7 to 15 minutes longer (depending on exact shape of tails).
  - ☐ Remove from oven and transfer to a bowl of cold water.
  - ☐ When cold, shuck lobster meat. Roughly chop, drain on paper towels, then transfer to a large bowl.
  - ☐ Add 1 to 2 tablespoons mayonnaise (to taste), lemon juice, and chives. Season to taste with salt and pepper. Keep lobster salad refrigerated until ready to use.
  - ☐ Lay bacon slices on a foil-lined rimmed baking sheet, allowing each slice to overlap slight lengthwise to form a solid sheet of bacon.
  - ☐ Transfer to oven and cook until crisp, about 20 minutes.
  - ☐ Remove from oven and let cool slightly. Preheat broiler to high.
  - ☐ While bacon cooks, peel tomatoes (the skins should slip off). Split each tomato into quarter, then using a sharp chef's knife, remove the inner flesh and seeds to form 8 tomato filets. Set aside.
  - ☐ Transfer bacon sheet to a cutting board, reserving fat separate.
  - ☐ Cut bacon sheet into large pieces that just fit the bread. Set aside.
  - ☐ Spread cut surface of each piece of bread with 1 teaspoon rendered bacon fat. Broil cut-side-up until well-browned.
  - ☐ Spread mayonnaise to taste on each bottom bread half. Arrange avocado slices on top. Arrange bacon sheet on top of avocado.
  - ☐ Add tomato filets.
  - ☐ Spread mayonnaise to taste on the top of each bread half.
  - ☐ Add lettuce leaves. Press lobster salad into lettuce leaves, compressing bread slightly. Close sandwiches.
  - ☐ Cut in half, and serve.

## Nutrition Facts



 **PROTEIN 15.51%**  **FAT 45.71%**  **CARBS 38.78%**

Properties

Glycemic Index:118.5, Glycemic Load:2.16, Inflammation Score:-8, Nutrition Score:42.710869726927%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 2356.67kcal (117.83%), Fat: 119.67g (184.11%), Saturated Fat: 36.01g (225.05%), Carbohydrates: 228.4g (76.13%), Net Carbohydrates: 214.94g (78.16%), Sugar: 4.48g (4.97%), Cholesterol: 316.86mg (105.62%), Sodium: 4347.47mg (189.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 91.35g (182.7%), Selenium: 127.14µg (181.63%), Copper: 2.09mg (104.28%), Vitamin B3: 13.67mg (68.33%), Phosphorus: 621.28mg (62.13%), Vitamin K: 64.05µg (61%), Vitamin B6: 1.11mg (55.33%), Fiber: 13.47g (53.87%), Zinc: 8.08mg (53.85%), Vitamin B1: 0.78mg (51.72%), Vitamin B5: 4.66mg (46.61%), Vitamin B12: 2.74µg (45.64%), Potassium: 1522.72mg (43.51%), Vitamin C: 31.03mg (37.61%), Vitamin E: 5.33mg (35.52%), Folate: 122.06µg (30.52%), Magnesium: 121.14mg (30.29%), Vitamin A: 1481.17IU (29.62%), Vitamin B2: 0.37mg (21.56%), Manganese: 0.42mg (21.23%), Calcium: 149.89mg (14.99%), Iron: 2.3mg (12.79%), Vitamin D: 0.94µg (6.23%)