

Lobster Rolls

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Servings: 4

*1/2 cup mayonnaise
2 teaspoons olive oil
2 teaspoons lemon juice
1/8 teaspoon Old Bay Seasoning
1/8 teaspoon salt
1/8 teaspoon black pepper
2 cups lobster (from two steamed tails), coarsely chopped
2 tablespoons snipped chives
4 top-loading rolls
additional chives (for garnish)*

In a large bowl, whisk together the mayonnaise, olive oil, lemon juice, Old Bay Seasoning, salt and pepper.

Gently fold in the lobster and chives.

Spoon the mixture into the rolls.

Garnish with additional chives.

Per Serving (excluding unknown items): 218 Calories; 26g Fat (99.0% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 10mg Cholesterol; 220mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 2 1/2 Fat.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	218
% Calories from Fat:	99.0%
% Calories from Carbohydrates:	0.4%
% Calories from Protein:	0.5%
Total Fat (g):	26g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	8g
Polyunsaturated Fat (g):	12g
Cholesterol (mg):	10mg
Carbohydrate (g):	trace
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	220mg

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	2mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0

Potassium (mg): 13mg
Calcium (mg): 6mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 78IU
Vitamin A (r.e.): 15 1/2RE

Fruit: 0
Non-Fat Milk: 0
Fat: 2 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 218 Calories from Fat: 216

% Daily Values*

Total Fat	26g	39%
Saturated Fat	4g	18%
Cholesterol	10mg	3%
Sodium	220mg	9%
Total Carbohydrates	trace	0%
Dietary Fiber	trace	0%
Protein	trace	

Vitamin A	2%
Vitamin C	2%
Calcium	1%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.