

# Lobster Roll

Yield: 2 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-lobster-tail-recipe>

## Ingredients:

- 2 pounds lobsters or 1 cup cooked lobster meat
- 2 tablespoons mayonnaise store bought or homemade
- 1 1/2 teaspoons fresh lemon juice
- 1/2 teaspoon grated lemon zest
- 1 tablespoon fresh chives minced
- 1 tablespoon scallion very finely chopped
- salt
- freshly ground black pepper
- 1 tablespoon unsalted butter
- 2 chunks baguette you can substitute 2 hot dog rolls if you must

## Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 450 milligrams
4. Fat: 16 grams
5. Fiber: 1 grams
6. Protein: 90 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 2040 milligrams
9. Sugar: 2 grams

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