

food
network



HEALTH SCORE

52%

Astakos Spiros-Lobster



Dairy Free

READY IN

**50 min.**

SERVINGS

**2**

CALORIES

**881 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings basil chopped to taste
- ☐ 1 cup bread crumbs
- ☐ 2 servings chile flakes to taste
- ☐ 1 tablespoon optional: dill chopped
- ☐ 1 small eggs
- ☐ 0.5 cup olive oil extra virgin
- ☐ 0.3 cup juice of lemon
- ☐ 5 pound lobsters

- ☐ 0.5 pound lump crab meat
- ☐ 0.3 cup mayonnaise
- ☐ 2 servings salt and pepper black freshly ground to taste
- ☐ 2 tablespoons scallions chopped

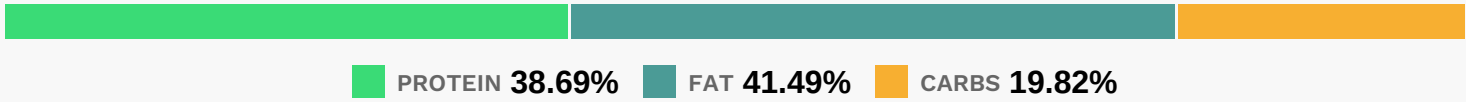
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot

Directions

- ☐ When cooking lobster, make sure the lobster is alive. Bring a pot of salted water to a boil and immerse the lobster, tail first, into the water and cook for 8 to 10 minutes. The shell should turn bright orange. Once the lobsters have cooled, cut the lobster in half, lengthwise.
- ☐ Remove the entire inside of the head and rinse. In a bowl, mix together the crabmeat, mayonnaise, egg, 3/4 cup breadcrumbs, scallions, chile flakes, dill, salt and pepper. With the lobster halves on their side, meat side up, fill the head with crabmeat stuffing, sprinkle with remaining breadcrumbs and bake in a 350 degree oven until warm and the bread crumbs have browned lightly.

Nutrition Facts



Properties

Glycemic Index:99.5, Glycemic Load:0.2, Inflammation Score:-9, Nutrition Score:48.59217387697%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 881.15kcal (44.06%), Fat: 39.86g (61.33%), Saturated Fat: 6.75g (42.21%), Carbohydrates: 42.84g (14.28%), Net Carbohydrates: 39.4g (14.33%), Sugar: 4.64g (5.15%), Cholesterol: 533.31mg (177.77%), Sodium: 2925.66mg (127.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 83.63g (167.26%), Selenium: 263.79µg (376.84%), Copper: 5.52mg (276.23%), Vitamin B12: 14.57µg (242.77%), Zinc: 19.17mg (127.8%), Phosphorus: 904.21mg (90.42%), Vitamin K: 78.76µg (75.01%), Vitamin B5: 5.7mg (57.04%), Magnesium: 209.57mg (52.39%), Vitamin B3: 10.21mg (51.05%), Calcium: 447.83mg (44.78%), Vitamin B1: 0.66mg (44.09%), Vitamin E: 6.34mg (42.25%), Folate: 161.93µg (40.48%), Manganese: 0.81mg (40.33%), Vitamin B6: 0.66mg (33.18%), Potassium: 1099.81mg (31.42%), Iron: 5.1mg (28.33%), Vitamin C: 21.41mg (25.96%), Vitamin B2: 0.43mg (25.5%), Vitamin A: 936.85IU (18.74%), Fiber: 3.43g (13.74%), Vitamin D: 0.44µg (2.91%)