



Baja-Style Grilled Rock Lobster Tails

READY IN



45 min.

SERVINGS



6

CALORIES



208 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 6 6-inch flour tortillas ()
- ☐ 1 garlic clove minced
- ☐ 12 green onions
- ☐ 1 Dash hot sauce
- ☐ 1 tablespoon juice of lime fresh
- ☐ 48 ounce lobster tail pieces
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons orange juice fresh

- ☐ 1 tablespoon orange rind grated
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 teaspoon salt

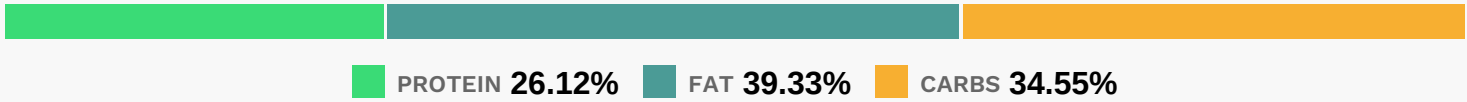
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Preheat grill.
- ☐ To prepare lobster, cut each lobster tail in half lengthwise. Coat lobster tails and onions with cooking spray.
- ☐ Place lobster tails, cut sides down, on grill rack coated with cooking spray; grill 3 minutes. Turn lobster; grill 5 minutes.
- ☐ Place onions on grill rack; grill 3 minutes or until tender.
- ☐ To prepare sauce, combine rind and next 7 ingredients (through garlic) in a medium bowl, stirring well with a whisk. Gradually add butter, stirring constantly with a whisk.
- ☐ Drizzle sauce over cut sides of lobster tails.
- ☐ Warm tortillas according to package directions.
- ☐ Serve with lobster and lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:33.83, Glycemic Load:5.4, Inflammation Score:0, Nutrition Score:15.600869925126%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg,

Naringenin: 0.13mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Nutrients (% of daily need)

Calories: 207.8kcal (10.39%), Fat: 9.06g (13.94%), Saturated Fat: 3.72g (23.28%), Carbohydrates: 17.91g (5.97%), Net Carbohydrates: 16.03g (5.83%), Sugar: 2.21g (2.45%), Cholesterol: 90.68mg (30.23%), Sodium: 620.91mg (27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.54g (27.08%), Selenium: 47.37µg (67.66%), Vitamin K: 54.64µg (52.04%), Copper: 0.91mg (45.72%), Phosphorus: 176.58mg (17.66%), Zinc: 2.52mg (16.78%), Vitamin B12: 0.8µg (13.36%), Folate: 52.71µg (13.18%), Vitamin B3: 2.51mg (12.55%), Vitamin B1: 0.19mg (12.35%), Calcium: 121.78mg (12.18%), Manganese: 0.24mg (12.02%), Vitamin C: 9.63mg (11.67%), Vitamin B5: 1.02mg (10.16%), Iron: 1.72mg (9.53%), Magnesium: 37.25mg (9.31%), Vitamin E: 1.17mg (7.8%), Vitamin A: 378.13IU (7.56%), Fiber: 1.88g (7.53%), Potassium: 252.42mg (7.21%), Vitamin B2: 0.12mg (6.98%), Vitamin B6: 0.11mg (5.57%)