

DINNER

Baked Fresh Lobster

5 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
55 min	20 min	35 min	2	\$2.25	628 kcal

The recipe Baked Fresh Lobster can be made in approximately 55 minutes. Watching your figure? This pescatarian recipe has 628 calories, 18g of protein, and 54g of fat per serving. For \$2.25 per serving, you get a main course that serves 2. This recipe from Allrecipes has 3 fans.

Ingredients

- ☐ ½ cup butter, melted and divided
- ☐ 1 cup crushed buttery round crackers
- ☐ 1½ pound fresh lobster

EQUIPMENT Bowl, Oven, Knife, Baking pan

Method

- 1

Preheat the oven to 400 degrees F (200 degrees C). Plunge the tip of a sharp knife straight down just behind the lobster's eyes to humanely kill the animal.
- 2

Place the lobster on its back and use a sharp knife to cut open the cavity.
- 3

Remove the stomach and intestines, and discard. Reserve the tomalley in a small bowl.
- 4

Mix the cracker crumbs with the tomalley and spoon the mixture into the body cavity.
- 5

Drizzle about 2 teaspoons of butter over the top.
- 6

Place the lobster in a 2 inch deep baking dish.
- 7

Bake the lobster for 30 minutes, uncovered. Set oven to Broil and cook for 3 to 5 minutes just to toast the crackers before serving.

8 Serve with remaining melted butter.

Nutrition per serving

628

KCAL

18 g

PROTEIN

54 g

FAT

19 g

CARBS

Saturated Fat

31 g · 194% of daily needs

Fibre

0.7 g · 3% of daily needs

Sugar

2.5 g · 3% of daily needs

Sodium

1,032 mg · 45% of daily needs

Cholesterol

243 mg · 81% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/baked-fresh-lobster-147895