



Baked Lobster with Garlic Butter Panko

READY IN



55 min.

SERVINGS



4

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 stick butter melted
- ☐ 4 cloves garlic fresh peeled smashed
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 4 sprigs thyme leaves fresh
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 optional: lemon plus more for drizzling, for serving cut into large wedges,
- ☐ 4 servings lettuce mixed for serving
- ☐ 2 pounds live lobsters split cleaned
- ☐ 4 servings olive oil extra-virgin for drizzling

☐ 1 cup panko bread crumbs

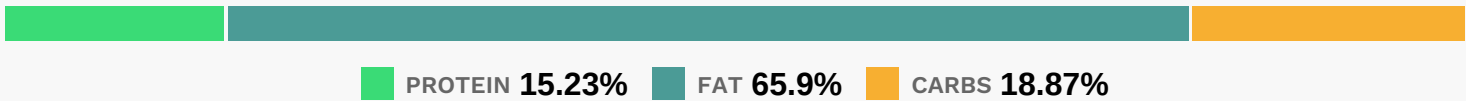
Equipment

- ☐ food processor
- ☐ oven
- ☐ knife

Directions

- ☐ Preheat oven to 425 degrees F.
- ☐ In a food processor add panko, butter, fresh herbs, garlic and season with salt and freshly ground black pepper. Process until well combined then set aside while you prepare the lobster.
- ☐ Place the lobster halves flesh side up in a roasting tray. Top with the panko-mixture.
- ☐ Drizzle with extra-virgin olive oil and season with salt and pepper.
- ☐ Bake in the hot oven for 30 to 35 minutes until the top is golden brown.
- ☐ Serve whole with a shell cracker, or split claw shells slightly with the heel of your knife and section the tail into pieces.
- ☐ Serve with fresh lemon wedges, mixed lettuce and drizzle with extra-virgin olive oil and lemon juice.

Nutrition Facts



Properties

Glycemic Index:61.63, Glycemic Load:1.32, Inflammation Score:-9, Nutrition Score:18.680869268334%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 4.46mg, Apigenin: 4.46mg, Apigenin: 4.46mg, Apigenin: 4.46mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 359.92kcal (18%), Fat: 26.98g (41.51%), Saturated Fat: 9.53g (59.53%), Carbohydrates: 17.39g (5.8%), Net Carbohydrates: 14.6g (5.31%), Sugar: 3.41g (3.79%), Cholesterol: 111.02mg (37.01%), Sodium: 480.7mg (20.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.03g (28.05%), Selenium: 44.94µg (64.2%), Vitamin K: 64.87µg (61.78%), Copper: 0.95mg (47.3%), Vitamin C: 22mg (26.67%), Vitamin E: 3.13mg (20.85%), Vitamin A: 1025.05IU (20.5%), Manganese: 0.38mg (18.8%), Zinc: 2.7mg (17.98%), Phosphorus: 159.47mg (15.95%), Vitamin B12: 0.87µg (14.5%), Vitamin B1: 0.21mg (14.27%), Folate: 55.2µg (13.8%), Calcium: 120.05mg (12%), Vitamin B5: 1.18mg (11.82%), Fiber: 2.79g (11.17%), Vitamin B3: 2.21mg (11.07%), Magnesium: 42.77mg (10.69%), Iron: 1.86mg (10.32%), Potassium: 353.21mg (10.09%), Vitamin B6: 0.19mg (9.32%), Vitamin B2: 0.11mg (6.58%)