



Barbecued California Spiny Lobster

 **Gluten Free**  **Dairy Free**

READY IN



68 min.

SERVINGS



6

CALORIES



182 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cloves garlic minced
- 6 california spiny lobsters
- 0.3 cup olive oil
- 0.3 cup onion diced red finely
- 2 tablespoons red wine vinegar
- 1 teaspoon thyme leaves chopped

Equipment

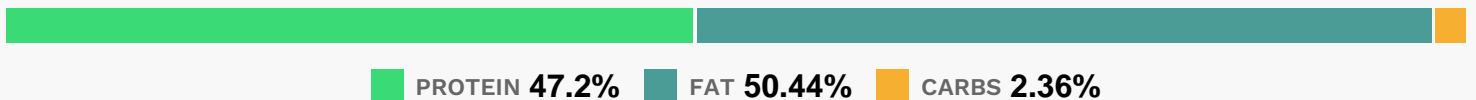
- bowl

- knife
- mixing bowl
- grill

Directions

- Watch how to make this recipe.
- Special equipment: Handful of fruit wood chips, such as apple or cherry wood, soaked in water for 30 minutes
- Submerge live lobsters in boiling water for 2 minutes.
- Remove from water. When cool enough to handle, remove heads from tails. With large knife, cut tails in half lengthwise.
- Place cut tails in large mixing bowl and toss with garlic, onion, thyme, olive oil and vinegar.
- Let marinate at room temperature for about 30 minutes.
- Preheat a charcoal grill to medium-high heat. Once fire is hot, scatter fruit wood on top and allow to burn. As soon as the wood has turned to coal, place lobster tail halves on grill, meat side down. Cook until shell turns a lighter shade of red, about 3 to 5 minutes. Turn lobster tails and cook for an additional 3 minutes or until the meat begins to pull away from the shell.
- Remove lobsters from grill.
- Place on platter and pour remaining marinade from bowl over finished tails.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.25, Inflammation Score:-5, Nutrition Score:16.011304213949%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 182.02kcal (9.1%), Fat: 9.96g (15.33%), Saturated Fat: 1.48g (9.22%), Carbohydrates: 1.05g (0.35%), Net Carbohydrates: 0.87g (0.32%), Sugar: 0.29g (0.33%), Cholesterol: 160.02mg (53.34%), Sodium: 534.03mg (23.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.97g (41.95%), Selenium: 80.31µg (114.73%), Copper: 1.71mg (85.38%), Zinc: 4.48mg (29.86%), Vitamin B12: 1.58µg (26.25%), Phosphorus: 207.08mg (20.71%), Vitamin B5: 1.84mg (18.41%), Vitamin E: 2.39mg (15.96%), Magnesium: 49.53mg (12.38%), Calcium: 110.92mg (11.09%), Vitamin B3: 2.03mg (10.13%), Potassium: 269.81mg (7.71%), Vitamin B6: 0.15mg (7.63%), Manganese: 0.1mg (5.2%), Vitamin K: 5.46µg (5.2%), Folate: 14.05µg (3.51%), Iron: 0.49mg (2.72%), Vitamin B1: 0.03mg (2.03%), Vitamin C: 1.36mg (1.65%), Vitamin B2: 0.02mg (1.3%)