



Boiled Lobster



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



147 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



6 pound live maine lobsters



0.8 cup salt



3 gallons water

Equipment

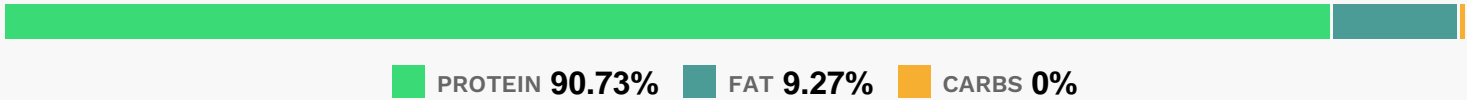


pot

Directions

- ☐
- Bring water and salt to a boil in a 5-gallon stockpot.
- ☐
- Add lobsters. Cover and cook 12 minutes or until shells are bright orange-red and tails are curled.
- ☐
- Note: Four 1 1/2-pound lobsters yield about four cups of cooked lobster meat. Most of the lobsters we used were between 1 1/4 pounds and 1 1/2 pounds. If you can't get or don't want to use live lobsters, use frozen tails. Six six-ounce tails, which you should steam for eight minutes, yield about two cups cooked meat.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:20.181739082803%

Nutrients (% of daily need)

Calories: 146.69kcal (7.33%), Fat: 1.43g (2.2%), Saturated Fat: 0.34g (2.16%), Carbohydrates: Og (0%), Net Carbohydrates: Og (0%), Sugar: Og (0%), Cholesterol: 241.95mg (80.65%), Sodium: 22167.81mg (963.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.47g (62.94%), Selenium: 121.22µg (173.17%), Copper: 3.04mg (152.03%), Zinc: 7.06mg (47.09%), Vitamin B12: 2.38µg (39.69%), Phosphorus: 306.72mg (30.67%), Vitamin B5: 2.76mg (27.6%), Calcium: 258.34mg (25.83%), Magnesium: 101.33mg (25.33%), Vitamin B3: 3.03mg (15.15%), Vitamin E: 1.66mg (11.05%), Potassium: 385.4mg (11.01%), Vitamin B6: 0.2mg (9.91%), Manganese: 0.16mg (8.07%), Folate: 19.05µg (4.76%), Iron: 0.68mg (3.76%), Vitamin B1: 0.04mg (2.54%), Vitamin B2: 0.03mg (1.57%)