



## Boiled Lobster with Pepper Butter



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



558 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 teaspoons fresh-ground pepper black
- ☐ 4.5 teaspoons juice of lemon
- ☐ 6 pounds lobsters
- ☐ 1 teaspoon salt
- ☐ 0.5 pound butter unsalted

### Equipment

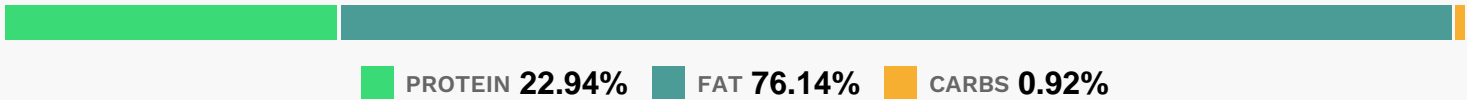
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ pot

## Directions

- ☐ In a large pot of boiling, salted water, cook the lobsters, covered, until just done, about 10 minutes after the water returns to a boil.
- ☐ Meanwhile, in a medium stainless-steel saucepan, melt the butter.
- ☐ Remove the pan from the heat and add the lemon juice, parsley, salt, and pepper. Divide the butter among four small bowls.
- ☐ Serve the lobsters with the pepper butter for dipping.
- ☐ Twist off the "arms" of the lobster and break off the claws. Bend the "thumb" of each claw down until it cracks. Using a lobster cracker, break the claw shells and gently extract the meat with a small fork. Crack the "arms" and extract the meat with the fork.
- ☐ Using your hands, break the lobster in half at the point where the body meets the tail. The tomalley, the soft green part in the body, is good to eat, and you can easily spoon it out. You can also eat the bright red roe, if any, at the body-end of the tail.
- ☐ Using your hands, squeeze the sides of the tail together so that the underside cracks. With the underside facing you, and one hand on each side of the shell, press open the tail exposing the meat; extract it with the fork.
- ☐ There is a little meat in the legs. If you like, twist them off, break them in half, and suck out the meat.
- ☐ Wine Recommendation: An expansive chardonnay with or without oak flavor is ideal with lobster. Try a bottle from California or Australia. Or, if you really want to celebrate, select a Meursault premier cru (made from chardonnay) from the Burgundy region of France.

## Nutrition Facts



## Properties

Glycemic Index:16, Glycemic Load:0.16, Inflammation Score:-8, Nutrition Score:25.610434630643%

## Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 558.32kcal (27.92%), Fat: 47.49g (73.07%), Saturated Fat: 29.49g (184.32%), Carbohydrates: 1.3g (0.43%), Net Carbohydrates: 0.91g (0.33%), Sugar: 0.21g (0.24%), Cholesterol: 363.85mg (121.28%), Sodium: 1395.82mg (60.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.19g (64.38%), Selenium: 121.79µg (173.99%), Copper: 2.6mg (129.96%), Vitamin K: 67.11µg (63.91%), Zinc: 6.83mg (45.55%), Vitamin B12: 2.48µg (41.3%), Vitamin A: 1746.24IU (34.92%), Phosphorus: 324.53mg (32.45%), Vitamin B5: 2.86mg (28.59%), Vitamin E: 3.02mg (20.13%), Magnesium: 77.46mg (19.37%), Calcium: 183.94mg (18.39%), Vitamin B3: 3.12mg (15.6%), Potassium: 434.6mg (12.42%), Manganese: 0.24mg (12.23%), Vitamin B6: 0.21mg (10.44%), Vitamin C: 7.16mg (8.68%), Folate: 27.75µg (6.94%), Vitamin D: 0.85µg (5.67%), Iron: 0.85mg (4.7%), Vitamin B1: 0.05mg (3.11%), Vitamin B2: 0.05mg (3.07%), Fiber: 0.39g (1.57%)