



Broiled Lobster Tails for 2



Gluten Free



Low Fod Map

READY IN



30 min.

SERVINGS



2

CALORIES



559 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter
- ☐ 2 tablespoons butter
- ☐ 1 tablespoon parsley fresh snipped
- ☐ 0.3 teaspoon hot sauce
- ☐ 1 tablespoon juice of lemon
- ☐ 16 ounce lobster tail pieces frozen
- ☐ 2 tablespoons salt
- ☐ 2 quarts water

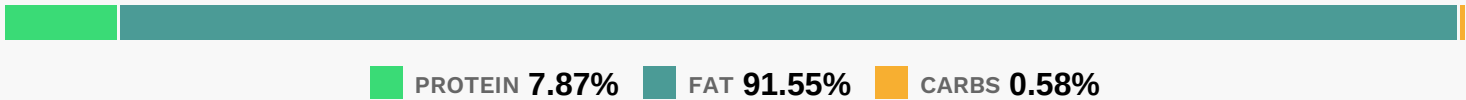
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ grill
- ☐ kitchen scissors
- ☐ broiler pan
- ☐ pot holder
- ☐ metal skewers
- ☐ oven mitt

Directions

- ☐ In large saucepan, heat water and salt to boiling.2
- ☐ Add frozen lobster tails; heat to boiling.3 Reduce heat; cover and simmer until done, about 12 minutes.4
- ☐ Drain.5 Wearing a clean oven mitt or using a potholder, hold and cut down sides of lobster tails with kitchen scissors to remove thin undershell covering the meat.6 To prevent tails from curling, insert long metal skewer from meat side through tail to shell side, then back through shell and meat at opposite end.7 Set oven control at broil and/or 550 degrees.8
- ☐ Place tails meat side up on rack in broiler pan, brush with butter.9 Broil with tops 3 inches from heat 2 to 3 minutes. Alternatively, they can be placed over a hot grill/barbecue for 2–3 minutes.10
- ☐ Serve with Lemon Butter.11 Lemon Butter:.12 1/2 cup butter.13 1 tablespoon lemon juice.14 1 tablespoon snipped parsley.15 1/4 teaspoon hot sauce.16 Melt butter, add remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.04, Inflammation Score:-8, Nutrition Score:13.408695490464%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 558.88kcal (27.94%), Fat: 57.81g (88.93%), Saturated Fat: 31.63g (197.68%), Carbohydrates: 0.81g (0.27%), Net Carbohydrates: 0.72g (0.26%), Sugar: 0.25g (0.27%), Cholesterol: 202.66mg (67.55%), Sodium: 7803.71mg (339.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.19g (22.37%), Selenium: 40.98µg (58.55%), Copper: 1.02mg (50.89%), Vitamin A: 2091.24IU (41.82%), Vitamin K: 36.78µg (35.03%), Zinc: 2.43mg (16.21%), Vitamin E: 2.33mg (15.53%), Vitamin B12: 0.9µg (15.07%), Phosphorus: 120.89mg (12.09%), Calcium: 107.12mg (10.71%), Vitamin B5: 1.01mg (10.13%), Magnesium: 36.8mg (9.2%), Vitamin C: 5.96mg (7.23%), Vitamin B3: 1.07mg (5.36%), Potassium: 167.47mg (4.78%), Vitamin B6: 0.08mg (3.75%), Folate: 12.76µg (3.19%), Manganese: 0.06mg (2.9%), Vitamin B2: 0.04mg (2.17%), Iron: 0.37mg (2.05%), Vitamin B1: 0.02mg (1.38%)