



Butterflied Lobster with Curry Butter

 Gluten Free

READY IN



60 min.

SERVINGS



5

CALORIES



863 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons madras curry powder
- ☐ 3 cloves garlic finely chopped
- ☐ 7.5 pound lobsters
- ☐ 2 tablespoons olive oil
- ☐ 5 servings olive oil
- ☐ 0.5 small onion spanish finely chopped
- ☐ 5 servings salt
- ☐ 5 servings salt and pepper freshly ground

- ☐ 3 sticks butter unsalted
- ☐ 1 cup white wine

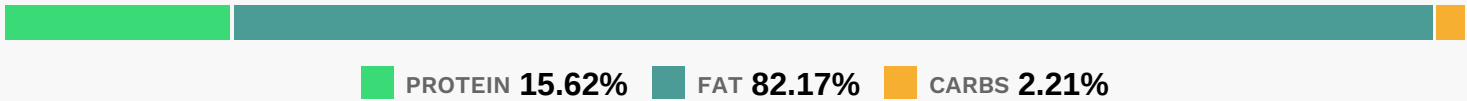
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Heat grill to high.
- ☐ Brush the cut side of the lobster with oil and season with salt and pepper. Grill, cut-side down until golden brown, and just cooked through. Flip for 45 seconds to just heat through.
- ☐ Remove from the grill and slather with curry butter.
- ☐ Heat oil in a small saucepan on the grates of the grill or on the side burners.
- ☐ Add onions and garlic, curry powder and wine and cook until reduced, about 30 minutes. Strain.
- ☐ Place the butter in a bowl, add the curry mixture and mix until well combined, season with salt.

Nutrition Facts



Properties

Glycemic Index:15.4, Glycemic Load:0.54, Inflammation Score:-8, Nutrition Score:25.98086971822%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

Myricetin: 0.04mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 862.62kcal (43.13%), Fat: 76.53g (117.75%), Saturated Fat: 37.96g (237.26%), Carbohydrates: 4.63g (1.54%), Net Carbohydrates: 3.28g (1.19%), Sugar: 0.92g (1.02%), Cholesterol: 387.72mg (129.24%), Sodium: 1206.14mg (52.44%), Alcohol: 4.94g (100%), Alcohol %: 1.85% (100%), Protein: 32.73g (65.46%), Selenium: 122.8µg (175.42%), Copper: 2.62mg (131.02%), Zinc: 7.02mg (46.82%), Vitamin E: 6.85mg (45.65%), Vitamin B12: 2.5µg (41.61%), Phosphorus: 348.98mg (34.9%), Vitamin A: 1737.74IU (34.75%), Vitamin B5: 2.88mg (28.76%), Magnesium: 88.85mg (22.21%), Calcium: 203.13mg (20.31%), Vitamin K: 20.39µg (19.42%), Manganese: 0.36mg (18%), Vitamin B3: 3.26mg (16.28%), Vitamin B6: 0.3mg (14.81%), Potassium: 504.63mg (14.42%), Iron: 1.86mg (10.34%), Folate: 28.49µg (7.12%), Vitamin D: 1.02µg (6.78%), Fiber: 1.35g (5.41%), Vitamin B2: 0.07mg (4.17%), Vitamin B1: 0.06mg (3.99%), Vitamin C: 1.49mg (1.81%)