



Champagne and Orange-Steamed Lobster Tails en Papillote

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter cut into small pieces
- ☐ 0.3 cup fennel bulb chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 20 ounce lobster tail pieces
- ☐ 8 slices orange sections
- ☐ 0.8 cup sparkling wine dry

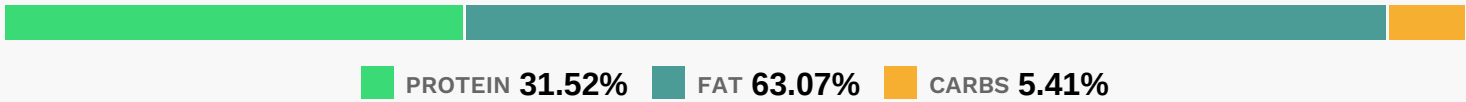
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Cut 4 (15 x 24-inch) pieces of parchment paper. Fold in half crosswise. Draw a large heart half on each piece, with the fold of the paper being the center of the heart.
- ☐ Cut out the heart, and open.
- ☐ Layer 2 orange slices, 1 lobster tail, 1 1/2 teaspoons butter, and 1 tablespoon fennel fronds near the fold of each piece of parchment. Spoon 3 tablespoons Champagne over each serving. Starting at the top of the heart, fold edges of parchment, sealing edges with narrow folds. Twist the end tip to secure tightly.
- ☐ Place packets on a baking sheet.
- ☐ Bake at 425 for 12 minutes.
- ☐ Remove from oven; let stand 5 minutes. Carefully open packets.
- ☐ Remove meat from lobster tails; coarsely chop. Return meat to lobster tail shell; place on plate.
- ☐ Drizzle 1 packet of juices over serving; repeat with remaining 3 lobster tails and 3 packets.
- ☐ Sprinkle evenly with salt.

Nutrition Facts



Properties

Glycemic Index:34.38, Glycemic Load:0.18, Inflammation Score:-3, Nutrition Score:5.9130434860354%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 105.06kcal (5.25%), Fat: 5.99g (9.21%), Saturated Fat: 3.67g (22.97%), Carbohydrates: 1.15g (0.38%), Net Carbohydrates: 0.94g (0.34%), Sugar: 0.91g (1.02%), Cholesterol: 65.46mg (21.82%), Sodium: 364.16mg (15.83%), Alcohol: 2.83g (100%), Alcohol %: 3.63% (100%), Protein: 6.73g (13.47%), Selenium: 25.45µg (36.36%), Copper: 0.54mg (27.24%), Zinc: 1.46mg (9.7%), Vitamin B12: 0.51µg (8.47%), Phosphorus: 75.22mg (7.52%), Vitamin B5: 0.6mg (6%), Magnesium: 20.78mg (5.19%), Calcium: 42.56mg (4.26%), Potassium: 146.16mg (4.18%), Vitamin A: 188.3IU (3.77%), Vitamin K: 3.9µg (3.72%), Vitamin E: 0.54mg (3.62%), Vitamin B3: 0.72mg (3.6%), Vitamin B6: 0.05mg (2.7%), Vitamin C: 1.72mg (2.08%), Iron: 0.32mg (1.8%), Manganese: 0.03mg (1.67%), Folate: 6.69µg (1.67%)