



## Crab-Stuffed Lobster Tail

READY IN



30 min.

SERVINGS



2

CALORIES



437 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons butter melted
- 15 buttery round crackers crushed
- 0.3 cup ghee
- 1 tablespoon parsley leaves fresh chopped
- 1 clove garlic minced
- 1 tablespoon juice of lemon fresh
- 1 teaspoon lemon zest
- 2 lobster tail pieces split
- 0.5 cup lump crab meat

- 0.3 teaspoon salt to taste
- 1 teaspoon seafood seasoning old bay® (such as )
- 0.3 teaspoon pepper white freshly ground to taste

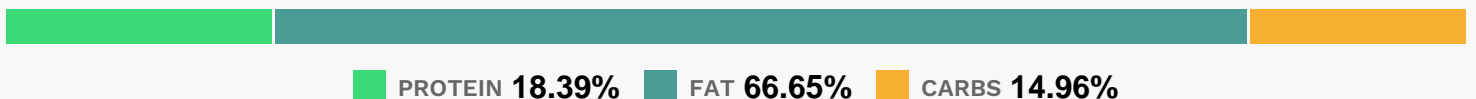
## Equipment

- bowl
- baking sheet
- oven
- kitchen thermometer

## Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Pull the edges of the split lobster shells apart and gently lift the tail meat to rest above the shells.
- Place the prepared lobster tails on a baking sheet.
- Brush each portion of tail meat with 1 teaspoon melted butter.
- Lightly mix the crushed crackers, crabmeat, 1/4 cup of clarified butter, parsley, seafood seasoning, garlic, lemon zest, lemon juice, salt, and white pepper in a bowl until thoroughly combined.
- Spoon half the stuffing onto each lobster tail; press lightly to slightly shape the stuffing so it doesn't fall off.
- Bake the lobster tails in the preheated oven until the meat is opaque and the stuffing is golden brown on top, 10 to 12 minutes. An instant-read thermometer inserted into the thickest part of the lobster tail should read 145 degrees F (65 degrees C).

## Nutrition Facts



## Properties

Glycemic Index:56, Glycemic Load:0.16, Inflammation Score:-5, Nutrition Score:21.051304506219%

## 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: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## **Nutrients (% of daily need)**

Calories: 436.54kcal (21.83%), Fat: 32.51g (50.02%), Saturated Fat: 17.92g (111.99%), Carbohydrates: 16.42g (5.47%), Net Carbohydrates: 15.5g (5.64%), Sugar: 2.13g (2.36%), Cholesterol: 166.36mg (55.45%), Sodium: 1142.32mg (49.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.19g (40.37%), Selenium: 56.93µg (81.33%), Vitamin B12: 4.58µg (76.33%), Copper: 1.29mg (64.47%), Vitamin K: 52.48µg (49.98%), Zinc: 4.95mg (33.03%), Phosphorus: 262.81mg (26.28%), Manganese: 0.28mg (14.04%), Magnesium: 53.45mg (13.36%), Vitamin B3: 2.65mg (13.23%), Vitamin C: 10.43mg (12.65%), Calcium: 126.39mg (12.64%), Vitamin B5: 1.18mg (11.83%), Folate: 47.28µg (11.82%), Iron: 1.97mg (10.97%), Vitamin E: 1.49mg (9.97%), Vitamin B1: 0.14mg (9.35%), Vitamin B6: 0.18mg (9.07%), Potassium: 273.72mg (7.82%), Vitamin A: 333.45IU (6.67%), Vitamin B2: 0.1mg (5.65%), Fiber: 0.92g (3.69%)