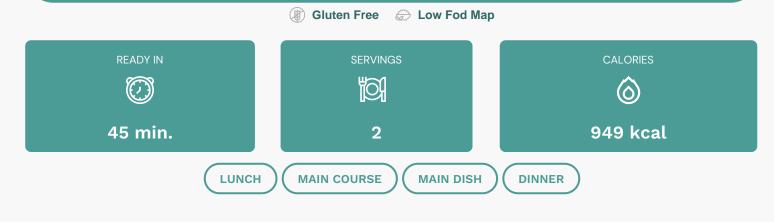


Dr. BBQ's Lobster with Chili-Lime Butter



Ingredients

2 servings pepper black as needed
8 ounces butter
2 tablespoons chili powder
2 juice of lime
2 servings lime
2 pd of lobster whole
2 servings big daddy's taco rub as needed your favorite
2 servings salt as needed

Equipment		
	bowl	
	sauce pan	
	grill	
	chefs knife	
Dir	rections	
	Prepare the grill for cooking over direct medium heat. In a small saucepan, melt the butter and blend in the lime juice, chili powder, and salt and pepper to taste. Set aside.	
	Split the lobsters completely in half down the back with a chef's knife.	
	Remove the tails and claws. Discard the rest. Crack the shells on the claws and inject or drizzle them each with 1 tablespoon of the butter. Season the tails lightly with the rub. Grill the tails and claws for about 5 minutes on each side. Spoon some of the Chili-Lime Butter into the tail shells. Cook until the lobster is just barely done, another 4 to 5 minutes. This will vary depending on your grill.	
	Serve the remaining Chili-Lime Butter for dipping.	
	The NFL Gameday Cookbook: 150 Recipes to Feed the Hungriest Fan from Preseason to the Super Bowl. Text copyright © 2008 by the National Football League	
	Chronicle Books	
Nutrition Facts		
	PROTEIN 9.52% FAT 86.92% CARBS 3.56%	
Properties		

Glycemic Index:57, Glycemic Load:0.22, Inflammation Score:-10, Nutrition Score:27.758260726929%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 5.7mg, Hesperetin: 5.7mg, Hesperetin: 5.7mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Quercetin: 0.18mg, Qu

Nutrients (% of daily need)

Calories: 948.64kcal (47.43%), Fat: 94.24g (144.99%), Saturated Fat: 58.78g (367.39%), Carbohydrates: 8.68g (2.89%), Net Carbohydrates: 5.33g (1.94%), Sugar: 1.33g (1.48%), Cholesterol: 403.83mg (134.61%), Sodium: 1588.42mg (69.06%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 23.23g (46.47%), Selenium: 83.11µg (118.73%), Vitamin A: 5282.55IU (105.65%), Copper: 1.81mg (90.54%), Vitamin E: 6.89mg (45.91%), Zinc: 4.99mg (33.27%), Vitamin K: 32.89µg (31.32%), Vitamin B12: 1.77µg (29.46%), Phosphorus: 263.11mg (26.31%), Vitamin B5: 2.08mg (20.75%), Calcium: 186.45mg (18.64%), Manganese: 0.36mg (18.15%), Magnesium: 69.54mg (17.39%), Vitamin B6: 0.34mg (17.15%), Vitamin B3: 3.1mg (15.49%), Potassium: 492.5mg (14.07%), Iron: 2.52mg (14%), Vitamin C: 11.33mg (13.74%), Fiber: 3.35g (13.41%), Vitamin B2: 0.14mg (8.31%), Folate: 24.58µg (6.14%), Vitamin B1: 0.07mg (4.39%)