



Dr. BBQ's Lobster with Chili-Lime Butter

 Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



949 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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

Directions

- 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, Hesperetin: 5.7mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

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 %: 0% (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%)