



Dr. BBQ's Lobster with Chili-Lime Butter



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



947 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings bell pepper black as needed
- ☐ 8 ounces butter
- ☐ 2 tablespoons chili powder
- ☐ 2 juice of lime
- ☐ 2 live maine lobsters whole
- ☐ 2 servings barbecue rub as needed your favorite
- ☐ 2 servings salt as needed

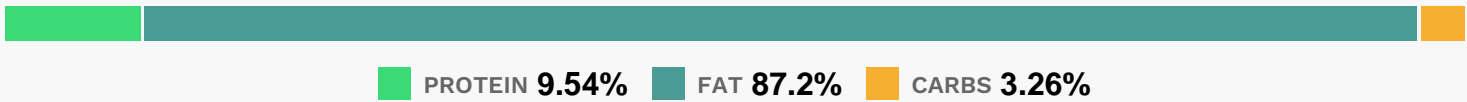
Equipment

- ☐ 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



Properties

Glycemic Index:41, Glycemic Load:0.05, Inflammation Score:-10, Nutrition Score:27.526521848596%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 946.54kcal (47.33%), Fat: 94.23g (144.97%), Saturated Fat: 58.78g (367.38%), Carbohydrates: 7.95g (2.65%), Net Carbohydrates: 4.79g (1.74%), Sugar: 1.21g (1.35%), Cholesterol: 403.83mg (134.61%), Sodium: 1588.28mg (69.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.18g (46.37%), Selenium: 83.08µg

(118.69%), Vitamin A: 5279.05IU (105.58%), Copper: 1.81mg (90.31%), Vitamin E: 6.87mg (45.81%), Zinc: 4.98mg (33.22%), Vitamin K: 32.85µg (31.28%), Vitamin B12: 1.77µg (29.46%), Phosphorus: 261.85mg (26.19%), Vitamin B5: 2.06mg (20.6%), Calcium: 184.14mg (18.41%), Manganese: 0.36mg (18.12%), Magnesium: 69.12mg (17.28%), Vitamin B6: 0.34mg (17%), Vitamin B3: 3.08mg (15.42%), Potassium: 485.36mg (13.87%), Iron: 2.48mg (13.77%), Fiber: 3.16g (12.62%), Vitamin C: 9.3mg (11.27%), Vitamin B2: 0.14mg (8.23%), Folate: 24.02µg (6%), Vitamin B1: 0.06mg (4.25%)