



Grilled Lobster Tail with Confetti Relish

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



112 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons butter softened
- 1 teaspoon thyme leaves fresh chopped
- 2 small garlic cloves minced
- 0.3 cup green onions thinly sliced
- 24 ounce lobster tails in shells
- 1 teaspoon olive oil
- 2 tablespoons orange bell pepper diced

- 2 tablespoons bell pepper diced red
- 1 teaspoon red wine vinegar
- 0.1 teaspoon salt
- 2 tablespoons shallots finely chopped
- 0.1 teaspoon sugar
- 4 cups watercress trimmed
- 2 tablespoons bell pepper diced yellow

Equipment

- grill
- cutting board

Directions

- Preheat grill to medium-high heat.
- Combine first 5 ingredients; sprinkle with black pepper, salt, and sugar.
- Drizzle vinegar and oil over bell pepper mixture, and toss.
- Combine butter, thyme, and garlic, stirring until well blended. Arrange lobster tails, back sides up, on a cutting board. Carefully cut shells lengthwise, cutting to, but not through, the middle of the meat. Open halves. Arrange tails, cut sides down, on a grill rack coated with cooking spray. Grill 2 minutes. Turn tails over; divide butter mixture evenly among lobster tails, spreading evenly over flesh. Grill 2 minutes or until desired degree of doneness.
- Arrange 1 cup watercress on each of 4 plates; top each serving with 1 lobster tail and about 2 tablespoons relish.

Nutrition Facts



Properties

Glycemic Index:96.27, Glycemic Load:0.77, Inflammation Score:-9, Nutrition Score:16.136521764424%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 7.92mg, Kaempferol: 7.92mg, Kaempferol: 7.92mg, Kaempferol: 7.92mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 10.96mg, Quercetin: 10.96mg, Quercetin: 10.96mg, Quercetin: 10.96mg

Nutrients (% of daily need)

Calories: 112.45kcal (5.62%), Fat: 7.14g (10.99%), Saturated Fat: 3.85g (24.04%), Carbohydrates: 3.41g (1.14%), Net Carbohydrates: 2.55g (0.93%), Sugar: 1.14g (1.27%), Cholesterol: 75.54mg (25.18%), Sodium: 335.59mg (14.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.22g (18.45%), Vitamin K: 99.76µg (95.01%), Vitamin C: 37.63mg (45.61%), Selenium: 31.01µg (44.3%), Copper: 0.69mg (34.69%), Vitamin A: 1649.04IU (32.98%), Zinc: 1.83mg (12.19%), Phosphorus: 110.69mg (11.07%), Vitamin B12: 0.61µg (10.12%), Manganese: 0.2mg (10.01%), Calcium: 95.41mg (9.54%), Vitamin B5: 0.87mg (8.72%), Vitamin B6: 0.17mg (8.5%), Vitamin E: 1.25mg (8.31%), Potassium: 283.48mg (8.1%), Magnesium: 30.77mg (7.69%), Vitamin B3: 1.02mg (5.12%), Folate: 19.47µg (4.87%), Vitamin B2: 0.07mg (4.07%), Vitamin B1: 0.06mg (3.77%), Fiber: 0.86g (3.45%), Iron: 0.54mg (3.02%)