



Grilled Lobster Tails with Lemon-Red Fresno Butter

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



395 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 servings pepper black freshly ground
- 8 servings canola oil for brushing
- 3 fresno chiles diced red seeded finely
- 8 servings cilantro leaves fresh for garnish
- 1 teaspoon r honey
- 8 servings kosher salt
- 8 servings kosher salt and freshly grounded pepper black

- 1.5 cups juice of lemon freshly squeezed
- 2 teaspoons lemon zest finely grated
- 8 servings lemon zest for garnish
- 64 ounces maine lobster tails
- 2 sticks butter unsalted softened

Equipment

- sauce pan
- knife
- pot
- grill

Directions

- Put the lemon juice in a small saucepan and bring to a boil over high heat. Cook until reduced to 1/4 cup. Stir in the honey.
- Let cool.
- Add the butter and zest to the reduced lemon juice and mix until smooth. Fold in the chiles and season with salt and pepper. The butter will keep in the refrigerator, covered, for up to 1 week.
- For the grilled lobster tails: Bring a large pot of salted water to a boil.
- Add the lobster tails and boil for 4 minutes.
- Remove and drain well. Split each lobster tail lengthwise down the underside with a heavy knife, taking care not to cut through the back shell, so that the lobster is still in one piece but the inside is exposed.
- Heat a charcoal grill to medium-high heat.
- Brush the lobster flesh with oil and sprinkle with salt and pepper.
- Place the tails flesh-side down on the grill and grill until slightly charred, about 3 minutes. Flip over, brush with a generous amount of lemon-red Fresno butter, and continue grilling until just cooked through, 2 to 3 minutes, brushing with butter throughout.
- Remove from the grill to a platter, flesh-side up. Top with a little more butter, some cilantro leaves and lemon zest.

Nutrition Facts

PROTEIN 11.08% FAT 83.43% CARBS 5.49%

Properties

Glycemic Index:20.16, Glycemic Load:0.94, Inflammation Score:-6, Nutrition Score:14.024348010188%

Flavonoids

Eriodictyol: 2.23mg, Eriodictyol: 2.23mg, Eriodictyol: 2.23mg, Eriodictyol: 2.23mg Hesperetin: 6.62mg, Hesperetin: 6.62mg, Hesperetin: 6.62mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 395.29kcal (19.76%), Fat: 37.58g (57.82%), Saturated Fat: 15.68g (98.02%), Carbohydrates: 5.56g (1.85%), Net Carbohydrates: 5.07g (1.84%), Sugar: 2.81g (3.13%), Cholesterol: 141.39mg (47.13%), Sodium: 661.42mg (28.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.23g (22.46%), Selenium: 40.82µg (58.31%), Vitamin C: 42.89mg (51.99%), Copper: 0.89mg (44.65%), Vitamin E: 3.85mg (25.65%), Vitamin A: 879.55IU (17.59%), Zinc: 2.34mg (15.6%), Vitamin K: 14.8µg (14.09%), Vitamin B12: 0.84µg (14.03%), Phosphorus: 120.26mg (12.03%), Vitamin B5: 1.05mg (10.5%), Vitamin B6: 0.18mg (8.76%), Magnesium: 31.65mg (7.91%), Potassium: 238.75mg (6.82%), Calcium: 66.97mg (6.7%), Vitamin B3: 1.28mg (6.4%), Folate: 20.42µg (5.1%), Manganese: 0.09mg (4.43%), Vitamin D: 0.42µg (2.83%), Vitamin B1: 0.04mg (2.52%), Vitamin B2: 0.04mg (2.42%), Iron: 0.41mg (2.25%), Fiber: 0.49g (1.98%)