



Grilled Lobster with Creamy Chili Vinaigrette

READY IN



45 min.

SERVINGS



2

CALORIES



1549 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 9 ounces angel hair pasta
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons sriracha
- ☐ 2 tablespoons dijon mustard
- ☐ 2 tablespoons chives fresh chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 garlic clove minced
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 2 servings lemon wedges
- ☐ 20 ounce lobster tail pieces split frozen thawed (if)
- ☐ 1 cup mayonnaise
- ☐ 0.8 cup olive oil
- ☐ 3 tablespoons red wine vinegar
- ☐ 2 teaspoons sugar

Equipment

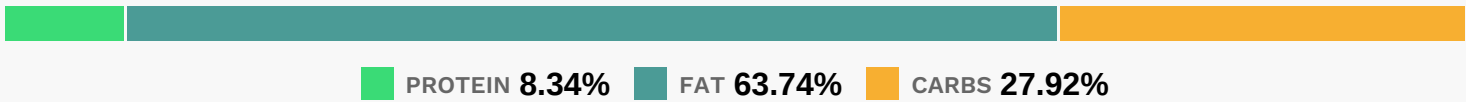
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ grill
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Mix first 8 ingredients in medium bowl.
- ☐ Whisk in 3/4 cup oil. Season vinaigrette with salt and pepper. (Can be made 1 day ahead. Cover and refrigerate.)
- ☐ Cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
- ☐ Drain. Rinse under cold water to cool.
- ☐ Drain. (Can be made 2 hours ahead.) Set aside.
- ☐ Prepare barbecue (medium-low heat) or preheat broiler.
- ☐ Brush lobster tails with remaining 2 tablespoons oil.
- ☐ Place lobster tails, meat side down, on grill. Grill 3 minutes. Turn over; grill until meat is opaque in center, about 5 minutes.
- ☐ Transfer to plate. Tent with foil.

- ☐ Melt butter in heavy large skillet over medium heat.
- ☐ Add pasta, chives and parsley; toss until heated through.
- ☐ Place pasta on plates. Top with lobster.
- ☐ Garnish with lemon.
- ☐ Serve with vinaigrette.
- ☐ *Available at Asian markets and in many supermarkets.

Nutrition Facts



Properties

Glycemic Index:204.3, Glycemic Load:41.82, Inflammation Score:-8, Nutrition Score:30.832173938337%

Flavonoids

Eriodictyol: 0.95mg, Eriodictyol: 0.95mg, Eriodictyol: 0.95mg, Eriodictyol: 0.95mg Hesperetin: 2.45mg, Hesperetin: 2.45mg, Hesperetin: 2.45mg, Hesperetin: 2.45mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 8.69mg, Apigenin: 8.69mg, Apigenin: 8.69mg, Apigenin: 8.69mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 1548.82kcal (77.44%), Fat: 108.81g (167.4%), Saturated Fat: 19.49g (121.82%), Carbohydrates: 107.25g (35.75%), Net Carbohydrates: 101.43g (36.89%), Sugar: 11.74g (13.05%), Cholesterol: 162.9mg (54.3%), Sodium: 2105.94mg (91.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.04g (64.09%), Vitamin K: 271.4µg (258.47%), Selenium: 139.37µg (199.11%), Copper: 1.5mg (75.07%), Manganese: 1.37mg (68.68%), Vitamin E: 7.16mg (47.77%), Phosphorus: 423.08mg (42.31%), Zinc: 4.99mg (33.27%), Magnesium: 112.65mg (28.16%), Fiber: 5.81g (23.26%), Vitamin B5: 2.02mg (20.22%), Vitamin B12: 1.14µg (18.98%), Vitamin C: 15.05mg (18.24%), Vitamin B3: 3.65mg (18.24%), Vitamin A: 865.46IU (17.31%), Vitamin B6: 0.34mg (16.94%), Iron: 2.93mg (16.3%), Potassium: 569.16mg (16.26%), Calcium: 131.32mg (13.13%), Folate: 51.43µg (12.86%), Vitamin B1: 0.19mg (12.51%), Vitamin B2: 0.14mg (8.14%), Vitamin D: 0.22µg (1.49%)