



Grilled Lobsters---Aragoste Alle Brace



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



171 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups arugula dry washed and spun
- 1 bunch marjoram fresh with a piece of string
- 3 juice of lemon
- 3 tablespoons limoncello
- 8 pound live lobsters
- 1 cup olive oil extra-virgin

Equipment

- bowl

- sauce pan
- grill
- broiler

Directions

- Preheat barbecue or broiler.
- Place olive oil and juice and zest of 3 lemons into a small saucepan and place over medium heat. Bring to a near boil, remove from heat and pour into a bowl. Immediately add the marjoram "brush" and limoncello and allow to steep, like tea, for 1 hour, covered. This mixture can be stored in a lidded jar, away from light, for up to a week.
- Kill lobsters by piercing their shells with a sharp point at the center of the back end of the eyes.
- Place the whole lobster on the hottest part of the grill for 3 minutes per side and remove from the heat.
- Cut the lobsters in half lengthwise and, careful not to lose a drop of the tomalley or roe, gently anoint them with the scented oil, using the marjoram brush. Gently place them, shell-side down, on the grill and cook until nearly done, about 6 to 7 minutes. Turn the flesh side down, cook for 1 minute, and remove to a platter. Dress the arugula with 4 tablespoons of the scented oil and some coarse salt and pile in center of platter.
- Serve warm or room temperature, with the remaining oil and lemon wedges on side.

Nutrition Facts

PROTEIN 54.39% **FAT 37.08%** **CARBS 8.53%**

Properties

Glycemic Index:8, Glycemic Load:0.07, Inflammation Score:-6, Nutrition Score:19.567391273768%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 7.57mg, Apigenin: 7.57mg, Apigenin: 7.57mg, Apigenin: 7.57mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 170.66kcal (8.53%), Fat: 6.44g (9.91%), Saturated Fat: 0.99g (6.18%), Carbohydrates: 3.33g (1.11%), Net Carbohydrates: 3.1g (1.13%), Sugar: 2.55g (2.83%), Cholesterol: 161.3mg (53.77%), Sodium: 540.77mg (23.51%), Alcohol: 1.78g (100%), Alcohol %: 1.26% (100%), Protein: 21.25g (42.51%), Selenium: 80.81µg (115.44%), Copper: 1.72mg (86.21%), Vitamin K: 66.1µg (62.95%), Zinc: 4.55mg (30.33%), Vitamin B12: 1.59µg (26.46%), Phosphorus: 210.01mg (21%), Vitamin B5: 1.89mg (18.91%), Magnesium: 53.04mg (13.26%), Vitamin E: 1.95mg (12.98%), Calcium: 120.24mg (12.02%), Vitamin C: 9.76mg (11.83%), Vitamin B3: 2.09mg (10.46%), Potassium: 303.49mg (8.67%), Vitamin A: 419.25IU (8.38%), Vitamin B6: 0.14mg (7.2%), Folate: 25.12µg (6.28%), Manganese: 0.09mg (4.71%), Iron: 0.66mg (3.66%), Vitamin B1: 0.03mg (2.22%), Vitamin B2: 0.03mg (1.6%)