



Grilled Lobsters with Southeast Asian Dipping Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



182 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup fish sauce
- ☐ 0.3 cup brown sugar packed
- ☐ 1.5 teaspoons chili paste depending on your taste pref
- ☐ 0.3 cup cilantro leaves fresh packed
- ☐ 0.3 cup mint leaves fresh packed
- ☐ 3 garlic clove
- ☐ 1 halves lime

- ☐ 0.3 cup juice of lime fresh
- ☐ 7.5 pound pd of lobster
- ☐ 3 tablespoons water

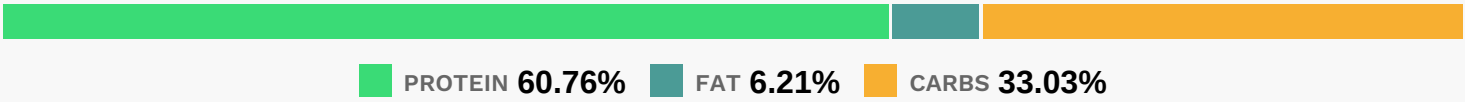
Equipment

- ☐ bowl
- ☐ grill
- ☐ tongs
- ☐ colander

Directions

- ☐ Bring an 8-quart kettle three fourths full with water to a boil for lobsters.
- ☐ Mince garlic and in a bowl stir together with fish sauce, lime juice, brown sugar, water, and chili paste. Dipping sauce may be made up to this point 1 day ahead and chilled, covered.
- ☐ Plunge 2 lobsters headfirst into boiling water and cook 3 minutes (lobsters will be only partially cooked).
- ☐ Transfer lobsters with tongs to a colander to drain and cool. Return water to a boil and cook remaining 4 lobsters in same manner.
- ☐ When lobsters are cool enough to handle, twist off tails and break off claws at body of each lobster, discarding bodies. With kitchen shears halve tails (including shells) lengthwise. (Do not remove tail or claw meat from shells.) Lobsters may be prepared up to this point 1 day ahead and chilled, covered. (If making ahead, chill lobster immediately and keep chilled until ready to grill.)
- ☐ Prepare grill.
- ☐ Chop cilantro and mint and stir into dipping sauce. Measure out 1/4 cup dipping sauce to use for basting lobster tails. Grill claws on a rack set 5 to 6 inches over glowing coals, covered, turning them occasionally, until liquid bubbles at open ends, about 5 minutes, and transfer to a serving platter.
- ☐ Arrange tails on grill, cut sides up, and brush with basting sauce. Grill tails, covered, basting occasionally, 6 minutes, or until meat is opaque.
- ☐ Serve lobster with dipping sauce and lime halves.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:0.15, Inflammation Score:-5, Nutrition Score:19.395217491233%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 181.61kcal (9.08%), Fat: 1.23g (1.9%), Saturated Fat: 0.3g (1.85%), Carbohydrates: 14.77g (4.92%), Net Carbohydrates: 14.5g (5.27%), Sugar: 12.69g (14.1%), Cholesterol: 201.62mg (67.21%), Sodium: 1688.78mg (73.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.16g (54.32%), Selenium: 102.54µg (146.48%), Copper: 2.17mg (108.63%), Zinc: 5.69mg (37.93%), Vitamin B12: 2.05µg (34.11%), Phosphorus: 263.54mg (26.35%), Vitamin B5: 2.37mg (23.68%), Magnesium: 87.34mg (21.84%), Calcium: 159.17mg (15.92%), Vitamin B3: 2.93mg (14.63%), Vitamin B6: 0.25mg (12.52%), Potassium: 411.57mg (11.76%), Vitamin E: 1.43mg (9.55%), Manganese: 0.18mg (8.96%), Vitamin C: 5.59mg (6.78%), Folate: 26.65µg (6.66%), Iron: 0.76mg (4.2%), Vitamin B1: 0.04mg (2.85%), Vitamin A: 141.96IU (2.84%), Vitamin B2: 0.04mg (2.37%), Vitamin K: 2.19µg (2.08%), Fiber: 0.26g (1.06%)