



Grilled Maine Lobster Tails with Miso Butter

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 32 ounce lobster tail pieces halved lengthwise
- ☐ 2 teaspoons miso red (soybean paste)

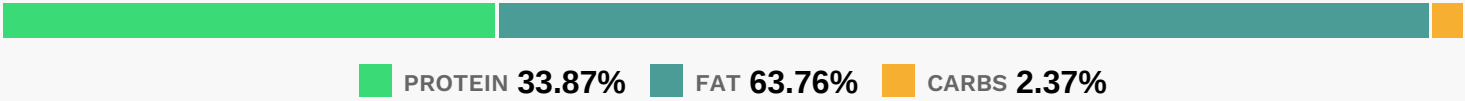
Equipment

- ☐ grill
- ☐ microwave

Directions

- ☐ Preheat the grill to high heat.
- ☐ Place butter and miso in a microwave-safe dish. Microwave at HIGH 30 seconds or until butter melts. Stir to combine.
- ☐ Coat lobster tails with cooking spray.
- ☐ Place tails, flesh-side down, on grill rack coated with cooking spray; grill 4 minutes. Turn tails over; brush with butter mixture. Grill 3 minutes or until done, brushing occasionally with butter mixture.
- ☐ Serve with remaining butter mixture.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:0.37, Inflammation Score:-3, Nutrition Score:8.577391323836%

Nutrients (% of daily need)

Calories: 130.12kcal (6.51%), Fat: 9.17g (14.11%), Saturated Fat: 5.54g (34.64%), Carbohydrates: 0.77g (0.26%), Net Carbohydrates: 0.61g (0.22%), Sugar: 0.19g (0.21%), Cholesterol: 103.22mg (34.41%), Sodium: 448.03mg (19.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.96g (21.93%), Selenium: 40.7µg (58.15%), Copper: 0.87mg (43.46%), Zinc: 2.33mg (15.52%), Vitamin B12: 0.81µg (13.57%), Phosphorus: 109.53mg (10.95%), Vitamin B5: 0.94mg (9.42%), Magnesium: 25.78mg (6.45%), Calcium: 57.57mg (5.76%), Vitamin A: 267.55IU (5.35%), Vitamin E: 0.8mg (5.31%), Vitamin B3: 1.04mg (5.21%), Potassium: 135.83mg (3.88%), Vitamin B6: 0.07mg (3.62%), Manganese: 0.06mg (3.07%), Folate: 7.24µg (1.81%), Vitamin K: 1.61µg (1.54%), Iron: 0.24mg (1.34%), Vitamin B2: 0.02mg (1.14%), Vitamin B1: 0.02mg (1.08%)