



Grilled Split Lobsters with Cilantro-Lime Vinaigrette



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 teaspoon ground chipotle chile
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 teaspoons lime rind grated
- ☐ 4 pound live lobsters
- ☐ 0.3 cup olive oil

- ☐ 1 teaspoon salt
- ☐ 2 teaspoons sugar

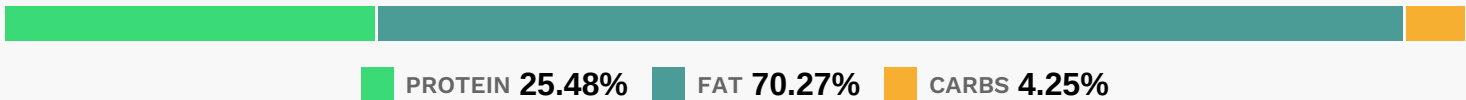
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ grill
- ☐ cutting board

Directions

- ☐ Place a live lobster belly up on a cutting board.
- ☐ Place the tip of a large knife in the center of the lobster. Quickly cut lobster in half from the center to the head, and then cut in half from the center to the tip of the tail. Repeat with remaining lobsters.
- ☐ Brush cut side of lobsters with melted butter.
- ☐ Place lobsters, cut-side up, on grill. Grill, covered with grill lid, over medium-high heat (350 to 400 degrees Fahrenheit) for 10 minutes or until meat is opaque and shells are red.
- ☐ Combine lime rind and next 5 ingredients in a small bowl. Slowly whisk in olive oil until combined.
- ☐ Place cooked lobsters, cut-side up, on a serving platter.
- ☐ Drizzle each half with 2 teaspoons vinaigrette.
- ☐ Serve any remaining vinaigrette on the side.
- ☐ Wine note: This year, Norren Graziano helps celebrate The Trellis' 25th anniversary with chef Marcel Desaulniers and his partner, John Curtis. For this recipe, Noreen recommends Calera Viognier Mt. Harlan (\$36).

Nutrition Facts



Properties

Glycemic Index:46.02, Glycemic Load:1.43, Inflammation Score:-5, Nutrition Score:17.414347651212%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 331.58kcal (16.58%), Fat: 26.02g (40.03%), Saturated Fat: 9.39g (58.71%), Carbohydrates: 3.54g (1.18%), Net Carbohydrates: 3.34g (1.21%), Sugar: 2.3g (2.56%), Cholesterol: 191.8mg (63.93%), Sodium: 1215mg (52.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.23g (42.45%), Selenium: 81.01µg (115.73%), Copper: 1.72mg (86.17%), Zinc: 4.53mg (30.18%), Vitamin B12: 1.61µg (26.86%), Vitamin E: 3.53mg (23.56%), Phosphorus: 211.41mg (21.14%), Vitamin B5: 1.88mg (18.85%), Magnesium: 50.46mg (12.62%), Vitamin K: 12.58µg (11.98%), Calcium: 114.55mg (11.45%), Vitamin B3: 2.09mg (10.45%), Vitamin A: 509.29IU (10.19%), Potassium: 286.51mg (8.19%), Vitamin B6: 0.15mg (7.27%), Vitamin C: 5.1mg (6.18%), Manganese: 0.08mg (4.2%), Folate: 15.41µg (3.85%), Iron: 0.5mg (2.75%), Vitamin B1: 0.03mg (2.1%), Vitamin B2: 0.03mg (1.73%)