



Grilled Summer Lobster

 Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



1679 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups arugula fresh loosely packed
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons capers drained
- ☐ 0.5 cup bottled clam juice
- ☐ 1 teaspoon marjoram dried
- ☐ 1.3 cups wine dry white
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 tablespoon parsley fresh chopped

- ☐ 3 garlic clove minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 12 ounces pasta
- ☐ 2 tablespoons olive oil
- ☐ 3 plum tomatoes chopped
- ☐ 1.8 pounds salmon fillet skinless cut into 1/2- to 3/4-inch pieces
- ☐ 0.8 cup shallots minced

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ knife
- ☐ pot
- ☐ grill
- ☐ tongs
- ☐ poultry shears

Directions

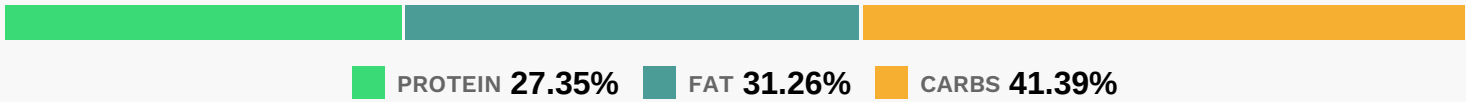
- ☐ Makes about 2/3 cup,
- ☐ /2cup olive oil
- ☐ large garlic cloves, chopped
- ☐ tablespoon fresh lime juice
- ☐ 1/2 teaspoons minced canned chipotle chilies*
- ☐ teaspoon grated lime peel
- ☐ /4teaspoon salt
- ☐ tablespoons chopped fresh cilantro
- ☐ Cook oil and garlic in heavy small sauce-pan over medium-low heat until garlic begins to brown, about 8 minutes. Carefully mix in next 4 ingredients. Stir until salt dissolves.

- ☐ Remove from heat. (Can be made 2 hours ahead.)
- ☐ Mix in cilantro.
- ☐ *Chipotle chilies canned in a spicy tomato sauce, sometimes called adobo, are available at Latin American markets, specialty foods stores and some supermarkets.
- ☐ Makes about 1/2 cup.
- ☐ tablespoons peanut oil
- ☐ teaspoons (packed) minced peeled fresh ginger
- ☐ /4 cup Chinese rice wine or sake
- ☐ /3 cup finely chopped green onions
- ☐ tablespoons butter, room temperature
- ☐ Cook oil and ginger in small saucepan over medium-low heat 2 minutes. Carefully add wine; simmer until reduced by half.
- ☐ Remove from heat.
- ☐ Add green onions and butter. Season with salt and pepper. (Can be made 2 hours ahead.)
- ☐ 1 1/2- to 2-pound live lobsters
- ☐ Olive oil
- ☐ Drop 1 lobster, head first, into large pot of boiling water. Cover; cook 3 minutes (lobster will not be fully cooked). Using tongs, transfer lobster to baking sheet. Return water to boil. Repeat with second lobster.
- ☐ Transfer 1 lobster, shell side down, to work surface.
- ☐ Place tip of large knife into center of lobster.
- ☐ Cut lobster lengthwise in half from center to end of head (knife may not cut through shell), then cut in half from center to end of tail. Use poultry shears to cut through shell. Repeat with second lobster.
- ☐ Prepare barbecue (medium-high heat). Keeping lobster halves meat side up, brush shells with olive oil.
- ☐ Place halves, meat side up, on barbecue.
- ☐ Brush meat with oil; sprinkle with salt and pepper.
- ☐ Place pans with sauces at edge of barbecue to rewarm. Cover barbecue; grill lobsters until just opaque in thickest portion of tail, 7 to 9 minutes.

☐

Serve, passing warm sauces separately.

Nutrition Facts



Properties

Glycemic Index:169.5, Glycemic Load:56.9, Inflammation Score:-10, Nutrition Score:65.586522226748%

Flavonoids

Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.81mg, Hesperetin: 2.81mg, Hesperetin: 2.81mg Naringenin: 1.45mg, Naringenin: 1.45mg, Naringenin: 1.45mg, Naringenin: 1.45mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg Kaempferol: 21.12mg, Kaempferol: 21.12mg, Kaempferol: 21.12mg, Kaempferol: 21.12mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 16.92mg, Quercetin: 16.92mg, Quercetin: 16.92mg, Quercetin: 16.92mg

Nutrients (% of daily need)

Calories: 1679.43kcal (83.97%), Fat: 53.83g (82.81%), Saturated Fat: 13.59g (84.95%), Carbohydrates: 160.37g (53.46%), Net Carbohydrates: 149.76g (54.46%), Sugar: 18.56g (20.63%), Cholesterol: 248.39mg (82.8%), Sodium: 744.28mg (32.36%), Alcohol: 16.48g (100%), Alcohol %: 1.98% (100%), Protein: 105.95g (211.89%), Selenium: 254.82µg (364.02%), Vitamin B12: 12.66µg (211.05%), Vitamin B6: 4.08mg (203.77%), Vitamin B3: 35.36mg (176.79%), Phosphorus: 1255.85mg (125.58%), Manganese: 2.39mg (119.57%), Vitamin B2: 1.73mg (101.68%), Potassium: 3172.76mg (90.65%), Vitamin K: 90.28µg (85.98%), Copper: 1.72mg (85.81%), Vitamin B5: 8mg (80.04%), Vitamin B1: 1.19mg (79.22%), Magnesium: 273.93mg (68.48%), Folate: 218.64µg (54.66%), Vitamin A: 2324.49IU (46.49%), Vitamin C: 37.71mg (45.71%), Iron: 8.16mg (45.34%), Fiber: 10.61g (42.45%), Zinc: 5.96mg (39.74%), Vitamin E: 3.38mg (22.53%), Calcium: 213.88mg (21.39%)