



How to Broil Lobster Tails



Gluten Free



Popular



Low Fod Map

READY IN



20 min.

SERVINGS



2

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 0.5 teaspoon ground paprika
- ☐ 2 servings ground pepper white to taste
- ☐ 1 optional: lemon for garnish cut into wedges,
- ☐ 2 lobster tail pieces whole
- ☐ 2 servings salt to taste

Equipment

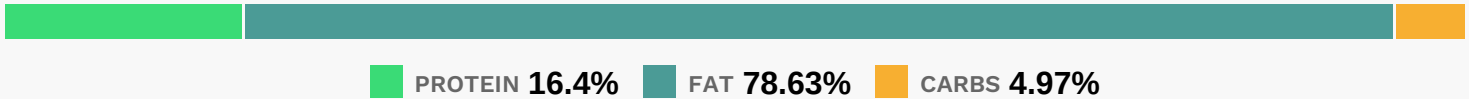
- ☐ baking sheet

- ☐ knife
- ☐ broiler

Directions

- ☐ Preheat the broiler.
- ☐ Place lobster tails on a baking sheet. With a sharp knife or kitchen shears, carefully cut top side of lobster shells lengthwise. Pull apart shells slightly, and season meat with equal amounts butter, paprika, salt, and white pepper.
- ☐ Broil lobster tails until lightly browned and lobster meat is opaque, about 5 to 10 minutes.
- ☐ Garnish with lemon wedges to serve.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:0.93, Inflammation Score:-8, Nutrition Score:20.567391540693%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 526.91kcal (26.35%), Fat: 47.24g (72.67%), Saturated Fat: 29.44g (184.01%), Carbohydrates: 6.71g (2.24%), Net Carbohydrates: 4.5g (1.64%), Sugar: 1.44g (1.6%), Cholesterol: 282.03mg (94.01%), Sodium: 1093.19mg (47.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.17g (44.34%), Selenium: 81.01µg (115.73%), Copper: 1.74mg (87.08%), Vitamin C: 29.04mg (35.21%), Vitamin A: 1681.37IU (33.63%), Zinc: 4.58mg (30.51%), Vitamin B12: 1.67µg (27.86%), Phosphorus: 230.21mg (23.02%), Vitamin B5: 2mg (20.03%), Vitamin E: 2.64mg (17.6%), Magnesium: 56.03mg (14.01%), Calcium: 140.07mg (14.01%), Vitamin B3: 2.14mg (10.69%), Potassium: 353.04mg (10.09%), Vitamin B6: 0.19mg (9.43%), Manganese: 0.18mg (9.06%), Fiber: 2.21g (8.84%), Iron: 1.06mg (5.87%), Folate: 20.69µg (5.17%), Vitamin K: 4.37µg (4.17%), Vitamin B1: 0.05mg (3.45%), Vitamin B2: 0.06mg (3.32%)