



Langosta Butter



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



215 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter room-temperature
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 teaspoons regular lemon peel shredded finely
- ☐ 2 oz live maine lobsters cooked chopped

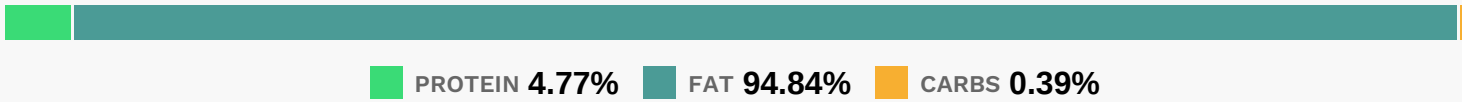
Equipment

- ☐ bowl
- ☐ knife
- ☐ plastic wrap

Directions

- ☐ In a bowl, mix butter, lobster meat, cilantro, and lemon peel. Spoon across a piece of plastic wrap and roll up into a 1 1/2-in.-thick log.
- ☐ Refrigerate at least 1 hour or up to 3 days. With a sharp knife, cut into slices about 1/4 in. thick to top oysters.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:3.2186956898026%

Flavonoids

Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 215.06kcal (10.75%), Fat: 23.13g (35.58%), Saturated Fat: 14.61g (91.32%), Carbohydrates: 0.21g (0.07%), Net Carbohydrates: 0.08g (0.03%), Sugar: 0.07g (0.07%), Cholesterol: 79.01mg (26.34%), Sodium: 242.93mg (10.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.24%), Vitamin A: 777.64IU (15.55%), Selenium: 9.31µg (13.31%), Copper: 0.19mg (9.72%), Vitamin E: 0.81mg (5.39%), Vitamin K: 5.09µg (4.84%), Vitamin B12: 0.23µg (3.76%), Zinc: 0.53mg (3.56%), Phosphorus: 30.23mg (3.02%), Vitamin B5: 0.25mg (2.45%), Calcium: 20.73mg (2.07%), Vitamin C: 1.56mg (1.89%), Magnesium: 6.36mg (1.59%), Vitamin B3: 0.25mg (1.26%), Potassium: 41.97mg (1.2%)