

Lobster Colorado

 **Gluten Free**  **Popular**

READY IN



40 min.

SERVINGS



4

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices bacon
- 32 ounce beef tenderloin filets
- 0.5 cup butter divided
- 0.5 teaspoon garlic powder
- 8 ounces lobster tail cleaned chopped
- 1 teaspoon old bay® seasoning
- 4 servings salt and pepper to taste

Equipment

- frying pan
- sauce pan
- oven
- toothpicks
- broiler

Directions

- Set oven to Broil at 500 degrees F (260 degrees C).
- Sprinkle tenderloins all over with salt, pepper, and garlic powder. Wrap each filet with bacon, and secure with a toothpick.
- Place on a broiling pan, and broil to desired doneness, about 8 to 10 minutes per side for medium rare.
- While tenderloins are cooking, melt 1/4 cup of butter over medium heat with 1/2 teaspoon Old Bay® seasoning. Stir in chopped lobster meat, and cook until done. Spoon lobster meat over cooked tenderloins, and return them to the broiler until the lobster meat begins to brown.
- While the lobster is in the oven, heat the remaining 1/4 cup of butter in a small saucepan over medium-high heat, cook until it browns, turning the color of a hazelnut. To serve, spoon the browned butter over the steaks, and sprinkle with the remaining Old Bay® seasoning.

Nutrition Facts

■ PROTEIN **7.33%** ■ FAT **91.52%** ■ CARBS **1.15%**

Properties

Glycemic Index:13.75, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:4.8782608748778%

Nutrients (% of daily need)

Calories: 310.19kcal (15.51%), Fat: 31.9g (49.08%), Saturated Fat: 17.56g (109.72%), Carbohydrates: 0.9g (0.3%), Net Carbohydrates: 0.81g (0.29%), Sugar: 0.04g (0.05%), Cholesterol: 95.69mg (31.9%), Sodium: 589.4mg (25.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.75g (11.5%), Selenium: 14.93µg (21.33%), Vitamin A: 731.03IU (14.62%), Copper: 0.23mg (11.49%), Phosphorus: 66.46mg (6.65%), Vitamin E: 0.9mg (6%), Vitamin B12: 0.36µg (5.94%), Vitamin B3: 1.17mg (5.84%), Zinc: 0.87mg (5.82%), Vitamin K: 6.01µg (5.73%), Vitamin B1: 0.07mg (4.55%), Vitamin B6: 0.09mg (4.43%), Vitamin B5: 0.39mg (3.86%), Magnesium: 10.65mg (2.66%), Calcium: 26.64mg (2.66%), Potassium: 90.06mg (2.57%), Manganese: 0.05mg (2.49%), Iron: 0.34mg (1.87%), Vitamin B2: 0.03mg

(1.83%)