



Lobster Taco Al Carbone

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



608 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings canola oil
- 1 tablespoon chipotle in adobo puree chopped
- 8 6-inch corn tortillas warmed () (wrapped in foil and)
- 0.3 cup cilantro leaves fresh plus more for garnish chopped
- 3 green onions dark thinly sliced (and pale green part)
- 2 teaspoons honey
- 2 lime zest juiced
- 2.5 pound pd of lobster split

- 1.5 cups monterrey jack cheese shredded
- 0.3 cup olive oil extra-virgin
- 0.5 small onion red thinly sliced
- 4 servings salt and pepper black freshly ground
- 3 tomatoes diced yellow halved seeded

Equipment

- bowl
- whisk
- grill

Directions

- Watch how to make this recipe.
- Whisk together the lime zest and juice, chipotle, honey and olive oil in a medium bowl.
- Add the tomatoes, onion and cilantro and mix until combined. Season with salt and pepper, to taste.
- Heat grill to high.
- Brush the lobster flesh with some of the canola oil and season with salt and pepper, to taste. Put on the grill, flesh side down, and grill until slightly charred and just cooked through, about 5 minutes.
- Remove the meat from the shell and coarsely chop.
- Put the chopped lobster into a bowl, along with the green onions and mix to combine.
- Put the tortillas on a flat surface and evenly divide the cheese over the surface. Put a few heaping tablespoons of the lobster in the center. Fold the tortillas over, brush the tops with oil and grill, oil side down, until slightly charred, about 1 minute.
- Brush the top side of the tortillas with oil, flip over and continue grilling until slightly charred and cheese just melts. Arrange the tortillas on a serving platter and garnish with cilantro.

Nutrition Facts

  

 **PROTEIN 17.42%**  **FAT 61.6%**  **CARBS 20.98%**

Properties

Glycemic Index:71.19, Glycemic Load:12.9, Inflammation Score:-7, Nutrition Score:23.486956389054%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg

Nutrients (% of daily need)

Calories: 607.8kcal (30.39%), Fat: 42.53g (65.42%), Saturated Fat: 11.38g (71.15%), Carbohydrates: 32.57g (10.86%), Net Carbohydrates: 27.45g (9.98%), Sugar: 5.16g (5.73%), Cholesterol: 138.52mg (46.17%), Sodium: 617.18mg (26.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.06g (54.12%), Selenium: 60.1µg (85.86%), Copper: 1.2mg (60.23%), Phosphorus: 493.62mg (49.36%), Calcium: 447.15mg (44.72%), Vitamin K: 41.32µg (39.35%), Vitamin E: 5.49mg (36.62%), Zinc: 4.87mg (32.44%), Vitamin B12: 1.34µg (22.4%), Magnesium: 84.82mg (21.21%), Fiber: 5.12g (20.49%), Vitamin C: 12.81mg (15.53%), Vitamin B5: 1.4mg (14.03%), Manganese: 0.27mg (13.71%), Vitamin B2: 0.23mg (13.6%), Vitamin B6: 0.27mg (13.47%), Vitamin B3: 2.24mg (11.19%), Potassium: 379.32mg (10.84%), Vitamin A: 505.05IU (10.1%), Iron: 1.73mg (9.59%), Folate: 30.15µg (7.54%), Vitamin B1: 0.09mg (6.23%), Vitamin D: 0.25µg (1.69%)