



Lobster Tails Steamed in Beer

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



13 min.

SERVINGS



2

CALORIES



173 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 fluid ounce beer canned
- 2 lobster tail whole

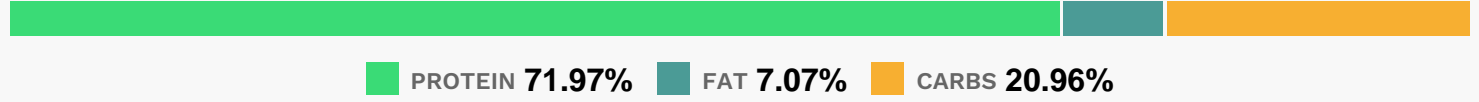
Equipment

- sauce pan
- steamer basket

Directions

- In a medium saucepan, over medium to high heat, bring the beer to a boil.
- If lobster tails are still in the shell, split the shell lengthwise first.
- Place a steamer basket on top of the saucepan. place thawed lobster tails in basket and cover. Reduce heat and simmer for 8 minutes.

Nutrition Facts



Properties

Glycemic Index:20.25, Glycemic Load:2.55, Inflammation Score:-6, Nutrition Score:16.038260878752%

Flavonoids

Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 173.31kcal (8.67%), Fat: 0.94g (1.45%), Saturated Fat: 0.23g (1.43%), Carbohydrates: 6.3g (2.1%), Net Carbohydrates: 6.3g (2.29%), Sugar: 0g (0%), Cholesterol: 160.02mg (53.34%), Sodium: 540.08mg (23.48%), Alcohol: 6.92g (100%), Alcohol %: 2.89% (100%), Protein: 21.63g (43.26%), Selenium: 81.2µg (116%), Copper: 1.71mg (85.43%), Zinc: 4.47mg (29.77%), Vitamin B12: 1.61µg (26.84%), Phosphorus: 227.7mg (22.77%), Vitamin B5: 1.9mg (18.98%), Magnesium: 58.53mg (14.63%), Vitamin B3: 2.91mg (14.57%), Calcium: 112.94mg (11.29%), Vitamin B6: 0.21mg (10.63%), Potassium: 299.9mg (8.57%), Vitamin E: 1.1mg (7.31%), Folate: 23.25µg (5.81%), Manganese: 0.08mg (4.24%), Vitamin B2: 0.06mg (3.65%), Vitamin B1: 0.03mg (2.27%), Iron: 0.36mg (2.02%)