



Lobster Tails with Chunky Tomato Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon tarragon dried
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 2 tablespoons green onions minced
- ☐ 28 ounce lobster tail pieces
- ☐ 0.5 teaspoon olive oil
- ☐ 1 teaspoon olive oil
- ☐ 0.1 teaspoon pepper

- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon tarragon dried whole
- ☐ 1.5 cups tomatoes seeded finely chopped (2 medium)
- ☐ 1 tablespoon water
- ☐ 1 teaspoon water

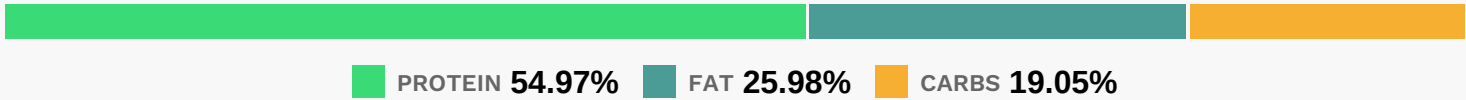
Equipment

- ☐ bowl
- ☐ roasting pan
- ☐ broiler

Directions

- ☐ Combine first 9 ingredients in a bowl. Cover and chill 1 hour.
- ☐ Preheat broiler.
- ☐ Gently loosen lobster meat from top inside of shells.
- ☐ Cut lengthwise through top of shells using kitchen shears; press shells open. Starting at cut end of tails, carefully loosen meat from bottom of shells; keep meat attached at end of tails. Lift meat through top shell opening; place on top of shells.
- ☐ Place lobster tails on a rack in a shallow roasting pan.
- ☐ Combine vinegar, water, oil, and tarragon; brush lobster with half of vinegar mixture. Broil 10 minutes or until lobster flesh turns opaque; baste with remaining vinegar mixture after 5 minutes.
- ☐ Serve with salsa.
- ☐ carbo rating: 4

Nutrition Facts



Properties

Glycemic Index:81, Glycemic Load:1.1, Inflammation Score:-6, Nutrition Score:11.693043599958%

Flavonoids

Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 72.57kcal (3.63%), Fat: 2.08g (3.2%), Saturated Fat: 0.33g (2.09%), Carbohydrates: 3.43g (1.14%), Net Carbohydrates: 2.57g (0.94%), Sugar: 2.15g (2.39%), Cholesterol: 70.57mg (23.52%), Sodium: 313.55mg (13.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.9g (19.79%), Selenium: 35.38µg (50.54%), Vitamin K: 44.43µg (42.31%), Copper: 0.79mg (39.66%), Zinc: 2.11mg (14.06%), Vitamin A: 682.14IU (13.64%), Vitamin C: 11.07mg (13.41%), Vitamin B12: 0.69µg (11.58%), Phosphorus: 107.17mg (10.72%), Vitamin B5: 0.87mg (8.66%), Potassium: 279.58mg (7.99%), Magnesium: 30.8mg (7.7%), Manganese: 0.15mg (7.3%), Vitamin E: 1.03mg (6.89%), Vitamin B3: 1.29mg (6.46%), Calcium: 63.02mg (6.3%), Vitamin B6: 0.12mg (5.77%), Folate: 19.94µg (4.98%), Iron: 0.63mg (3.49%), Fiber: 0.86g (3.43%), Vitamin B1: 0.04mg (2.41%), Vitamin B2: 0.03mg (1.64%)