



# Lobster Tails with Curried Chutney Dipping Sauce

 Gluten Free

READY IN



27 min.

SERVINGS



4

CALORIES



178 kcal

SIDE DISH

## Ingredients

- 1 pound asparagus spears fresh
- 1 teaspoon curry powder divided
- 1 tablespoon cilantro leaves fresh chopped
- 32 ounce lobster tail pieces fresh thawed
- 0.3 cup mango chutney
- 0.8 cup nonfat cream sour
- 0.5 cup orange juice unsweetened

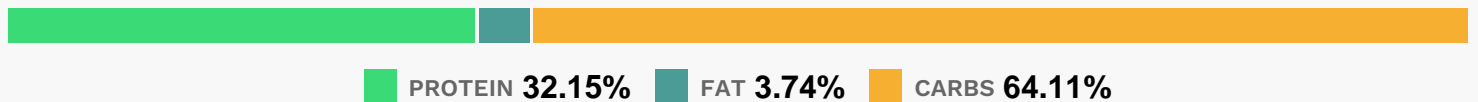
## Equipment

- oven
- knife
- peeler
- broiler pan

## Directions

- Split lobster shells lengthwise, cutting through hard upper shells and underneath shells with kitchen shears.
- Remove lobster meat through split shells. Discard shells.
- Snap off tough ends of asparagus.
- Remove scales from stalks with a knife or vegetable peeler, if desired.
- Combine juice and 1/2 teaspoon curry powder.
- Place asparagus and lobster tails on rack of a broiler pan coated with cooking spray.
- Brush one half of juice mixture over lobster and asparagus. Broil 5 1/2 inches from heat (with electric oven door partially opened) 12 minutes, basting often with remaining juice mixture.
- Remove from oven; cut lobster meat into 1/2-inch-thick slices.
- Combine remaining 1/2 teaspoon curry powder, sour cream, chutney, and cilantro, stirring well. Arrange asparagus spears and lobster slices on individual serving plates.
- Serve with chutney sauce.

## Nutrition Facts



## Properties

Glycemic Index:44, Glycemic Load:10.22, Inflammation Score:-8, Nutrition Score:19.742173816847%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg,

Naringenin: 0.66mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg  
Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.02mg, Myricetin:  
0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.98mg, Quercetin: 15.98mg, Quercetin: 15.98mg,  
Quercetin: 15.98mg

## **Nutrients (% of daily need)**

Calories: 178.16kcal (8.91%), Fat: 0.76g (1.17%), Saturated Fat: 0.18g (1.13%), Carbohydrates: 29.29g (9.76%), Net  
Carbohydrates: 26.44g (9.61%), Sugar: 15.23g (16.92%), Cholesterol: 84.53mg (28.18%), Sodium: 339.11mg (14.74%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.68g (29.37%), Selenium: 45.82µg (65.46%), Copper: 1.12mg  
(55.85%), Vitamin K: 48.01µg (45.73%), Vitamin C: 23.8mg (28.85%), Phosphorus: 213.28mg (21.33%), Vitamin A:  
1043.48IU (20.87%), Zinc: 3.12mg (20.79%), Folate: 82.53µg (20.63%), Iron: 2.91mg (16.15%), Vitamin B12: 0.92µg  
(15.39%), Vitamin B2: 0.26mg (15.32%), Vitamin B1: 0.22mg (14.98%), Calcium: 144.58mg (14.46%), Potassium:  
498.3mg (14.24%), Vitamin E: 1.98mg (13.23%), Vitamin B5: 1.29mg (12.95%), Manganese: 0.25mg (12.47%),  
Magnesium: 49.88mg (12.47%), Vitamin B3: 2.3mg (11.5%), Fiber: 2.85g (11.38%), Vitamin B6: 0.2mg (10.02%)