



Lobsters and Corn

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ears corn fresh husked
- ☐ 2 garlic clove finely chopped
- ☐ 15 servings pepper black
- ☐ 15 servings kosher salt
- ☐ 4 pd of lobster
- ☐ 2 tablespoons parsley fresh italian finely chopped
- ☐ 1 cup butter unsalted (2 sticks)

Equipment



- ☐ sauce pan
- ☐ knife
- ☐ grill
- ☐ skewers
- ☐ cutting board

Directions

- ☐ In a small saucepan over low heat, cook the butter with the garlic, 1/2 teaspoon salt, and 1/4 teaspoon pepper until the butter is melted. Set aside.
- ☐ Prepare the grill for direct and indirect cooking over medium heat (350 to 450F).
- ☐ Place a lobster on a cutting board, shell side down. Insert the tip of a large, sharp knife into the lobsters body just below the head (no need to be shy about this process it takes some strength), and cut the lobster open down the center, cutting through the body but not through the back shell. (The shell will hold the juices as it cooks.)
- ☐ Remove and discard the head sac and intestines. Rinse the lobster under cold running water. To help the lobster stay flat on the grill, insert a bamboo skewer through the tail meat.
- ☐ Remove the rubber bands on the claws.
- ☐ Brush the inside of the lobster with some of the butter. Repeat with the remaining lobsters.
- ☐ Brush the cooking grates clean. Grill the lobsters, shell side down, over direct medium heat, with the lid closed as much as possible, until the tail meat is firm and white, 10 to 15 minutes, brushing occasionally with additional butter. (Soft-shell lobsters will cook more quickly than hard-shell lobsters.) At the same time, if your grill is big enough, grill the corn. If not, grill the corn after the lobsters.
- ☐ Brush the corn with some of the butter and grill over direct medium heat, with the lid closed as much as possible, until browned in spots and tender, 10 to 15 minutes, turning occasionally. Season the corn with salt and pepper.
- ☐ Transfer the lobsters and corn to a large platter.
- ☐ Heat the butter mixture over medium heat until it comes to a simmer.
- ☐ Add the parsley.
- ☐ Serve the lobsters with the corn and the remaining butter mixture.

Nutrition Facts



 PROTEIN **16.22%**  FAT **72.02%**  CARBS **11.76%**

Properties

Glycemic Index:6.27, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:6.545217477757%

Flavonoids

Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 156.06kcal (7.8%), Fat: 12.86g (19.78%), Saturated Fat: 7.91g (49.47%), Carbohydrates: 4.73g (1.58%), Net Carbohydrates: 4.2g (1.53%), Sugar: 1.52g (1.69%), Cholesterol: 75.21mg (25.07%), Sodium: 341.57mg (14.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.52g (13.03%), Selenium: 21.73µg (31.04%), Copper: 0.47mg (23.61%), Vitamin K: 10.05µg (9.57%), Vitamin A: 469.92IU (9.4%), Zinc: 1.32mg (8.81%), Phosphorus: 80.17mg (8.02%), Vitamin B12: 0.45µg (7.43%), Vitamin B5: 0.68mg (6.82%), Magnesium: 22.49mg (5.62%), Vitamin B3: 0.98mg (4.88%), Vitamin E: 0.67mg (4.44%), Potassium: 141.56mg (4.04%), Manganese: 0.08mg (3.97%), Folate: 14.73µg (3.68%), Calcium: 34.36mg (3.44%), Vitamin B6: 0.06mg (3.17%), Vitamin B1: 0.05mg (3.07%), Vitamin C: 2.47mg (2.99%), Fiber: 0.53g (2.13%), Vitamin D: 0.23µg (1.51%), Iron: 0.27mg (1.48%), Vitamin B2: 0.02mg (1.42%)