



Maine Lobster Bake

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons pepper black freshly ground
- 1 pound steamer clams scrubbed
- 2 ears shucked corn cut in half
- 2 tablespoons juice of lemon fresh
- 4 pound live maine lobsters whole
- 0.8 pound bliss potatoes red
- 0.3 cup butter unsalted

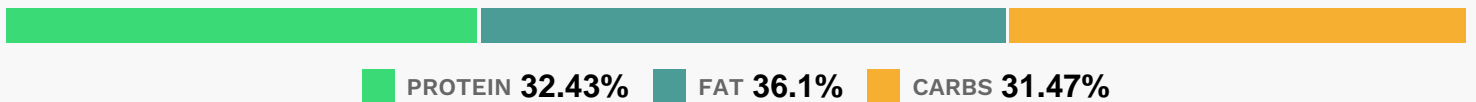
Equipment

- bowl
- sauce pan
- ladle
- pot

Directions

- Rinse clams under cold running water; place in a large bowl. Cover with cold water; add black pepper.
- Let stand 30 minutes; drain and rinse. (This helps clean the clams of any grit.)
- Add water to a large stockpot to a depth of 2 inches; bring to a boil.
- Add potatoes and corn; steam, covered, 5 minutes.
- Add lobsters headfirst, and add clams; steam, covered, 8 to 10 minutes. Discard any unopened clam shells.
- Combine butter and lemon juice in a small saucepan; cook over medium-low heat until butter melts.
- Divide lobster, clams, corn, and potatoes among 4 large plates. Ladle broth from bottom of stockpot into a bowl for dipping clams.
- Serve with melted lemon-butter.

Nutrition Facts



Properties

Glycemic Index:35.69, Glycemic Load:11.41, Inflammation Score:-6, Nutrition Score:25.68391299766%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 327.51kcal (16.38%), Fat: 13.42g (20.65%), Saturated Fat: 7.76g (48.52%), Carbohydrates: 26.32g (8.77%), Net Carbohydrates: 22.77g (8.28%), Sugar: 3.7g (4.11%), Cholesterol: 196.9mg (65.63%), Sodium: 560.85mg (24.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.13g (54.26%), Selenium: 86.8µg (124%), Copper: 1.88mg (94.09%), Vitamin B12: 3.53µg (58.9%), Zinc: 5.08mg (33.84%), Manganese: 0.67mg (33.66%), Phosphorus: 335.43mg (33.54%), Vitamin C: 22.72mg (27.54%), Vitamin B5: 2.51mg (25.07%), Magnesium: 93.57mg (23.39%), Potassium: 792.39mg (22.64%), Vitamin B6: 0.44mg (21.96%), Vitamin B3: 3.82mg (19.1%), Fiber: 3.55g (14.21%), Calcium: 141.57mg (14.16%), Folate: 48.49µg (12.12%), Vitamin B1: 0.17mg (11.43%), Vitamin E: 1.63mg (10.88%), Vitamin A: 513.37IU (10.27%), Iron: 1.8mg (10.02%), Vitamin K: 7.69µg (7.32%), Vitamin B2: 0.09mg (5.17%), Vitamin D: 0.21µg (1.42%)