



Meyer Lemon Lobster Cocktail



Gluten Free



Low Fod Map

READY IN



20 min.

SERVINGS



10

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 servings pepper black freshly ground
- ☐ 2 tablespoons butter softened
- ☐ 1 cup club soda
- ☐ 1 juice of lemon juiced
- ☐ 10 servings kosher salt
- ☐ 1 pint limoncello liqueur
- ☐ 12 ounce lobster tail pieces

Equipment

- ☐ grill
- ☐ skewers

Directions

- ☐ Special equipment: 2 (10-inch) skewers and 10 frill picks
- ☐ Remove lobster meat from shell. Skewer the lobster with a 10-inch skewer.
- ☐ Whip butter and lemon juice together to make lemon butter.
- ☐ Grill lobster skewers, brushing them with the lemon butter. Season with salt and pepper.Cool lobster.
- ☐ Remove lobster from 10-inch skewers and cut into 10 bite-sized medallions. Skewer each medallion with a frill pick.
- ☐ Mix together the limoncello and club soda.
- ☐ Serve skewered medallion in limoncello cocktail.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:1.3665217321528%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg

Nutrients (% of daily need)

Calories: 199.6kcal (9.98%), Fat: 2.35g (3.61%), Saturated Fat: 1.46g (9.11%), Carbohydrates: 18.43g (6.14%), Net Carbohydrates: 18.41g (6.69%), Sugar: 18.19g (20.22%), Cholesterol: 18.12mg (6.04%), Sodium: 257.08mg (11.18%), Alcohol: 15.18g (100%), Alcohol %: 22.91% (100%), Protein: 1.61g (3.22%), Selenium: 6.09µg (8.7%), Copper: 0.13mg (6.57%), Zinc: 0.36mg (2.43%), Vitamin B12: 0.12µg (2.06%), Phosphorus: 16.18mg (1.62%), Vitamin B5: 0.14mg (1.43%), Vitamin A: 70.92IU (1.42%), Calcium: 10.45mg (1.04%), Magnesium: 4.1mg (1.02%)