



Puerto Nuevo-Style Lobster Tacos

READY IN



45 min.

SERVINGS



6

CALORIES



608 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup butter melted (2 sticks)
- ☐ 6 servings flour tortilla
- ☐ 6 servings lime wedges
- ☐ 9 pound pd of lobster rinsed
- ☐ 6 servings pears
- ☐ 6 servings rice fresh with herbs and lime

Equipment

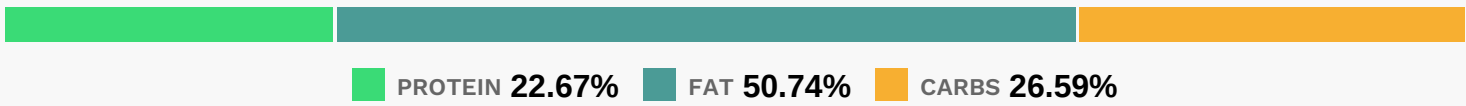
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ knife
- ☐ pot
- ☐ plastic wrap
- ☐ broiler
- ☐ tongs
- ☐ cleaver

Directions

- ☐ Fill very large bowl with ice water. Bring large stockpot of water to boil. Plunge 2 lobsters headfirst into boiling water. Cook 3 minutes (lobsters will not be fully cooked). Using tongs, transfer lobsters to ice water to cool. Repeat procedure twice more with remaining lobsters. Using heavy cleaver or large knife, immediately cut each lobster lengthwise in half.
- ☐ Remove intestinal tract and rinse away green tomalley. Crack claws; remove claw meat.
- ☐ Place claw meat in body cavities.
- ☐ Preheat broiler. Arrange 6 lobster halves, meat side up, on each of 2 large baking sheets.
- ☐ Brush lobster meat generously with some of melted butter. Broil 1 sheet of lobster halves until meat is just opaque, about 3 minutes. Repeat with second sheet. Arrange lobster halves on platter.
- ☐ Drizzle remaining butter over.
- ☐ Spoon rice, then lobster meat and salsa onto warm tortillas. Fold up tortillas and serve with lime wedges.
- ☐ Warm tortillas in an ungreased skillet over medium heat, about 1 minute per side (do not brown). Stack them on a plate, and cover with plastic wrap.

Nutrition Facts



Properties

Glycemic Index:35.66, Glycemic Load:12.58, Inflammation Score:-7, Nutrition Score:26.440869746001%

Flavonoids

Cyanidin: 3.42mg, Cyanidin: 3.42mg, Cyanidin: 3.42mg, Cyanidin: 3.42mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 6.24mg, Epicatechin: 6.24mg, Epicatechin: 6.24mg, Epicatechin: 6.24mg Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 608.33kcal (30.42%), Fat: 34.75g (53.46%), Saturated Fat: 20.71g (129.41%), Carbohydrates: 40.98g (13.66%), Net Carbohydrates: 34.74g (12.63%), Sugar: 17.34g (19.27%), Cholesterol: 323.29mg (107.76%), Sodium: 1271.65mg (55.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.93g (69.86%), Selenium: 128.55µg (183.65%), Copper: 2.74mg (137.01%), Zinc: 7.1mg (47.31%), Vitamin B12: 2.45µg (40.76%), Phosphorus: 398.85mg (39.88%), Vitamin B5: 2.94mg (29.45%), Fiber: 6.24g (24.95%), Vitamin B3: 4.66mg (23.29%), Magnesium: 91.68mg (22.92%), Calcium: 228.46mg (22.85%), Vitamin A: 995.08IU (19.9%), Vitamin E: 2.74mg (18.25%), Potassium: 622.33mg (17.78%), Manganese: 0.35mg (17.28%), Folate: 60.17µg (15.04%), Vitamin B1: 0.21mg (14.12%), Vitamin B6: 0.27mg (13.36%), Vitamin K: 12.12µg (11.54%), Iron: 1.9mg (10.58%), Vitamin B2: 0.17mg (9.88%), Vitamin C: 7.43mg (9%)