



WHATSheATE



Roasted Lobster Tails with Ginger Dipping Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



96 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 teaspoon sesame oil dark
- ☐ 0.8 teaspoon dry mustard dry
- ☐ 1 tablespoon sherry dry
- ☐ 0.8 teaspoon ginger fresh minced peeled
- ☐ 16 ounce lobster tail pieces frozen thawed
- ☐ 3 tablespoons low sodium soy sauce low-sodium

- ☐ 1 tablespoon plum sauce
- ☐ 1 teaspoon vegetable oil
- ☐ 0.5 teaspoon water

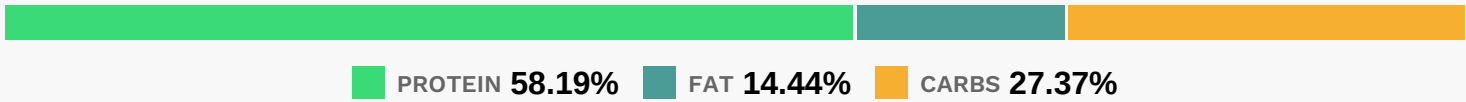
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ roasting pan

Directions

- ☐ Preheat oven to 42
- ☐ To prepare sauce, combine mustard and water in a small bowl; stir well with a whisk. Stir in soy sauce, plum sauce, sherry, and ginger; set aside.
- ☐ To prepare lobster, make a lengthwise cut through the top of each lobster shell using kitchen shears, cutting to, but not through, lobster meat; press shell open.
- ☐ Place the lobster tails, cut sides up, in a shallow roasting pan coated with cooking spray.
- ☐ Combine the oils and pepper, and spoon over the lobster meat.
- ☐ Bake at 425 for 13 minutes or until the lobster meat turns opaque.
- ☐ Serve lobster with sauce, and garnish with onions, if desired.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.08, Inflammation Score:0, Nutrition Score:10.064347731678%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 95.66kcal (4.78%), Fat: 1.43g (2.2%), Saturated Fat: 0.23g (1.43%), Carbohydrates: 6.11g (2.04%), Net Carbohydrates: 5.7g (2.07%), Sugar: 0.26g (0.29%), Cholesterol: 80.65mg (26.88%), Sodium: 1184.41mg (51.5%), Alcohol: 0.77g (100%), Alcohol %: 0.89% (100%), Protein: 12.99g (25.98%), Selenium: 42.13µg (60.19%), Copper: 0.89mg (44.31%), Zinc: 2.51mg (16.73%), Phosphorus: 152.38mg (15.24%), Vitamin B12: 0.79µg (13.23%), Magnesium: 46.12mg (11.53%), Manganese: 0.21mg (10.44%), Vitamin B5: 1.02mg (10.17%), Potassium: 253.39mg (7.24%), Vitamin B3: 1.43mg (7.16%), Calcium: 65.62mg (6.56%), Vitamin B6: 0.12mg (6.03%), Folate: 18.9µg (4.72%), Vitamin E: 0.7mg (4.67%), Vitamin B2: 0.08mg (4.6%), Iron: 0.74mg (4.13%), Vitamin B1: 0.03mg (2.06%), Fiber: 0.4g (1.62%)