



Smoked King Crab Legs and Lobster Tails

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



581 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup butter melted
- 5 pounds king crab legs frozen thawed
- 1 tablespoon parsley fresh minced
- 0.3 cup juice of lemon fresh
- 0.5 teaspoon lemon rind grated
- 2 pounds lobster tail pieces frozen thawed
- 1 pinch salt
- 4 servings alder wood chunks

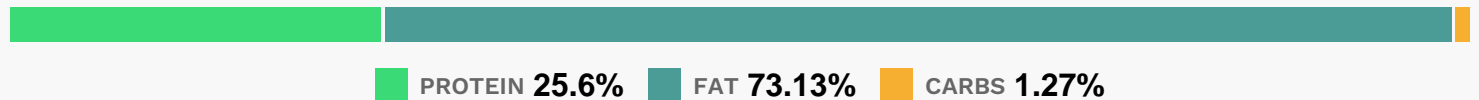
Equipment

- frying pan
- grill

Directions

- Soak wood chunks in water to cover at least 30 minutes.
- Prepare charcoal fire in smoker; let burn 15 to 20 minutes.
- Drain chips, and place on coals.
- Place water pan in smoker; add water to fill line.
- Stir together butter and next 4 ingredients. Divide lemon–butter mixture in half. Crack crab legs, and split lobster tails.
- Brush lobster and crab with half of mixture; set aside remaining mixture.
- Coat rack with cooking spray; place in smoker. Arrange crab legs and lobster tails on rack; cover with grill lid. Smoke crab about 20 minutes and lobster about 45 minutes to 1 hour or until flesh is white and firm.
- Serve with reserved lemon–butter mixture.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-9, Nutrition Score:28.02391321374%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg 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: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 581.17kcal (29.06%), Fat: 47.09g (72.45%), Saturated Fat: 9.73g (60.8%), Carbohydrates: 1.85g (0.62%), Net Carbohydrates: 1.74g (0.63%), Sugar: 0.4g (0.45%), Cholesterol: 140.18mg (46.73%), Sodium: 1999.2mg (86.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.08g (74.17%), Vitamin B12: 13.61µg (226.8%), Selenium: 92µg (131.43%), Copper: 2.17mg (108.49%), Zinc: 10.7mg (71.33%), Vitamin A: 2151.79IU (43.04%), Phosphorus: 428.65mg (42.86%), Magnesium: 97.15mg (24.29%), Vitamin C: 17.62mg (21.36%), Folate: 73.89µg (18.47%), Vitamin E: 2.34mg (15.62%), Vitamin K: 16.4µg (15.62%), Vitamin B5: 1.49mg (14.89%), Vitamin B6: 0.29mg (14.61%), Calcium: 139.51mg (13.95%), Potassium: 461.66mg (13.19%), Vitamin B3: 2.62mg (13.09%), Iron: 1.08mg (6.01%), Vitamin B2: 0.1mg (5.67%), Vitamin B1: 0.08mg (5.6%), Manganese: 0.09mg (4.53%)