



Split Grilled Lobsters with Herb Butter



Gluten Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



1007 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground to taste
- ☐ 0.5 teaspoon chives fresh chopped
- ☐ 0.5 teaspoon tarragon fresh chopped
- ☐ 4 servings kosher salt to taste
- ☐ 2 large lemons cut into wedges
- ☐ 6 pound live lobsters
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon parsley fresh italian chopped

☐ 1 pound butter unsalted

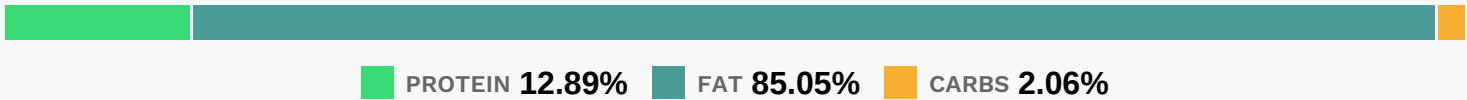
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ grill
- ☐ cutting board

Directions

- ☐ Melt butter over medium-low heat; skim solids off top, and discard.
- ☐ Pour remaining butter into a bowl, leaving any solids in pan; discard solids. Stir in tarragon, parsley, and chives; season with kosher salt. Set aside.
- ☐ Carefully position a knife on top of each lobster's head between the eyes, and draw it sharply through the head to kill it instantly.
- ☐ Place lobsters, belly up, on a cutting board, and cut each lobster in half. (Lobsters may also be parboiled and then split before grilling.)
- ☐ Preheat grill to medium-high heat (350 to 400).
- ☐ Drizzle lobster halves with olive oil, and season with kosher salt and pepper. Grill lobster halves, shell sides down, basting with 1/4 cup herb butter several times, 7 minutes or until meat is opaque.
- ☐ Serve lobsters with lemon wedges and remaining herb butter.

Nutrition Facts



Properties

Glycemic Index:51.13, Glycemic Load:0.99, Inflammation Score:-9, Nutrition Score:26.881739263949%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 1007.39kcal (50.37%), Fat: 97.09g (149.37%), Saturated Fat: 59.11g (369.41%), Carbohydrates: 5.3g (1.77%), Net Carbohydrates: 3.74g (1.36%), Sugar: 1.42g (1.58%), Cholesterol: 485.75mg (161.92%), Sodium: 1013.45mg (44.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.1g (66.2%), Selenium: 122.53µg (175.04%), Copper: 2.61mg (130.57%), Vitamin A: 2870.86IU (57.42%), Zinc: 6.87mg (45.81%), Vitamin B12: 2.57µg (42.9%), Vitamin C: 28.83mg (34.95%), Phosphorus: 343.59mg (34.36%), Vitamin E: 4.87mg (32.5%), Vitamin B5: 2.99mg (29.9%), Calcium: 204.86mg (20.49%), Magnesium: 80.08mg (20.02%), Vitamin B3: 3.16mg (15.79%), Potassium: 492.15mg (14.06%), Vitamin B6: 0.25mg (12.56%), Vitamin D: 1.7µg (11.34%), Vitamin K: 10.68µg (10.17%), Manganese: 0.16mg (8.05%), Folate: 29.25µg (7.31%), Fiber: 1.56g (6.24%), Iron: 0.96mg (5.31%), Vitamin B2: 0.08mg (4.69%), Vitamin B1: 0.07mg (4.41%)