



Steamed Lobster with Charmoula Butter

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 tablespoons butter
- ☐ 2.5 tablespoons cilantro leaves fresh finely chopped
- ☐ 1 small garlic clove pressed
- ☐ 0.5 teaspoon ground cumin (scant)
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 4 pound pd of lobster
- ☐ 0.3 teaspoon paprika smoked spanish hot

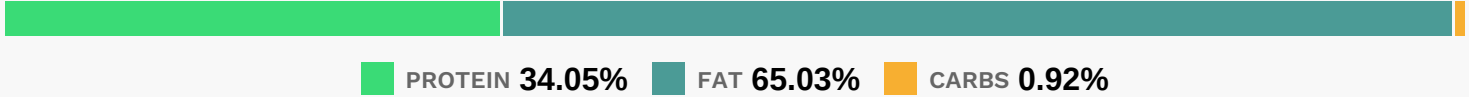
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Add enough water to very large pot to reach depth of 2 inches. Cover; bring to boil.
- ☐ Add lobsters head first, cover, and steam until shells are pink and lobsters are cooked through, about 12 minutes.
- ☐ Meanwhile, melt butter in small skillet over medium heat.
- ☐ Add garlic and sauté 1 minute. Stir in remaining ingredients. Season to taste with salt. Divide between 2 small bowls.
- ☐ Serve lobsters with charmoula butter.
- ☐ One serving contains the following: 534.47 Calories (kcal), 58.1% Calories from Fat, 34.51 (g)
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:66, Glycemic Load:0.17, Inflammation Score:-7, Nutrition Score:25.132173945074%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 502.48kcal (25.12%), Fat: 36.13g (55.58%), Saturated Fat: 22.06g (137.9%), Carbohydrates: 1.15g (0.38%), Net Carbohydrates: 0.96g (0.35%), Sugar: 0.18g (0.2%), Cholesterol: 412.89mg (137.63%), Sodium: 1346.06mg (58.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.56g (85.13%), Selenium: 162.23µg (231.76%), Copper: 3.44mg (171.95%), Zinc: 9.06mg (60.41%), Vitamin B12: 3.25µg (54.11%), Phosphorus: 425.15mg (42.52%), Vitamin B5: 3.75mg (37.5%), Magnesium: 100.37mg (25.09%), Vitamin A: 1223.33IU (24.47%), Calcium: 231.95mg (23.2%), Vitamin E: 3.29mg (21.95%), Vitamin B3: 4.13mg (20.63%), Potassium: 545.23mg (15.58%), Vitamin B6:

0.29mg (14.7%), Manganese: 0.19mg (9.53%), Folate: 27.94µg (6.98%), Iron: 1.09mg (6.06%), Vitamin K: 4.74µg (4.52%), Vitamin B1: 0.06mg (4.07%), Vitamin B2: 0.06mg (3.39%), Vitamin C: 2.1mg (2.54%)