



Steamed Lobster with Lemon-Herb Butter



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup butter (2 sticks)
- ☐ 2 teaspoons basil fresh chopped
- ☐ 2 teaspoons chives fresh chopped
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 6 servings lemon wedges
- ☐ 7.5 pound pd of lobster
- ☐ 2 teaspoons parsley fresh italian chopped

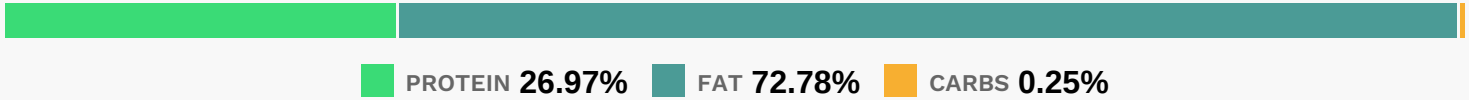
Equipment

☐ sauce pan

Directions

- ☐ Cook lobsters in 2 large pots of boiling salted water until shells are pink and lobsters are just cooked through, about 11 minutes.
- ☐ Meanwhile, melt butter in small saucepan.
- ☐ Add lemon juice and herbs. Season with salt and pepper.
- ☐ Serve lobsters with lemon wedges and warm herb butter.

Nutrition Facts



Properties

Glycemic Index:37.08, Glycemic Load:0.03, Inflammation Score:-6, Nutrition Score:19.051304399319%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 394.28kcal (19.71%), Fat: 31.88g (49.05%), Saturated Fat: 19.74g (123.35%), Carbohydrates: 0.25g (0.08%), Net Carbohydrates: 0.21g (0.07%), Sugar: 0.1g (0.11%), Cholesterol: 282.96mg (94.32%), Sodium: 914.88mg (39.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.58g (53.16%), Selenium: 101.36µg (144.8%), Copper: 2.14mg (107.15%), Zinc: 5.64mg (37.61%), Vitamin B12: 2.05µg (34.15%), Phosphorus: 265.2mg (26.52%), Vitamin B5: 2.35mg (23.47%), Vitamin A: 971.2IU (19.42%), Magnesium: 61.44mg (15.36%), Vitamin E: 2.26mg (15.09%), Calcium: 143.21mg (14.32%), Vitamin B3: 2.55mg (12.74%), Potassium: 330.96mg (9.46%), Vitamin B6: 0.17mg (8.42%), Manganese: 0.09mg (4.55%), Folate: 17.88µg (4.47%), Vitamin K: 4.04µg (3.85%), Iron: 0.44mg (2.42%), Vitamin B1: 0.03mg (2.32%), Vitamin B2: 0.04mg (2.12%), Vitamin C: 1.42mg (1.72%)