



Stuffed Lobster

READY IN



45 min.

SERVINGS



4

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 tablespoons butter melted
- ☐ 2 cups round buttery crackers crushed reduced-fat (such as Ritz)
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 4 lemon wedges
- ☐ 5 pound lobsters cooked
- ☐ 3 tablespoons parmesan cheese fresh
- ☐ 2 tablespoons worcestershire sauce

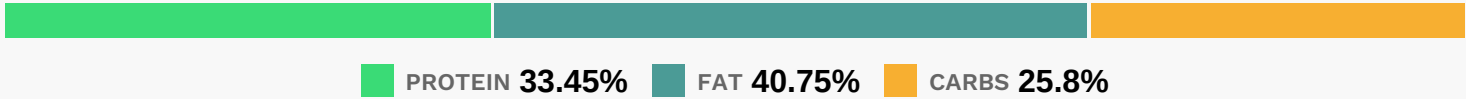
Equipment

- ☐ bowl
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Remove the meat from the cooked lobster tail and claws; chop meat. Set lobster tail shells aside.
- ☐ Combine the lobster, crackers, and the next 5 ingredients (crackers through Worcestershire sauce) in a large bowl. Divide the lobster mixture evenly among tail shells. Broil the stuffed lobster tails 8 minutes or until golden brown.
- ☐ Serve with lemon wedges.
- ☐ Note: You can also use 6 frozen lobster tails, cooked, for this recipe, reserving just 4 of the tails to stuff.

Nutrition Facts



Properties

Glycemic Index:33.63, Glycemic Load:0.37, Inflammation Score:-7, Nutrition Score:26.744347878124%

Flavonoids

Eriodictyol: 4.21mg, Eriodictyol: 4.21mg, Eriodictyol: 4.21mg, Eriodictyol: 4.21mg Hesperetin: 6.11mg, Hesperetin: 6.11mg, Hesperetin: 6.11mg, Hesperetin: 6.11mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 362.05kcal (18.1%), Fat: 16.32g (25.11%), Saturated Fat: 7.05g (44.06%), Carbohydrates: 23.24g (7.75%), Net Carbohydrates: 21.9g (7.96%), Sugar: 4g (4.44%), Cholesterol: 222.98mg (74.33%), Sodium: 1165.52mg (50.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.15g (60.29%), Selenium: 103.41µg (147.72%), Copper: 2.21mg (110.52%), Vitamin K: 77.26µg (73.58%), Zinc: 5.97mg (39.79%), Phosphorus: 376.38mg (37.64%),

Vitamin B12: 2.04µg (34.07%), Vitamin B5: 2.5mg (24.97%), Calcium: 245.46mg (24.55%), Vitamin C: 18.53mg (22.47%), Vitamin B3: 4.14mg (20.69%), Magnesium: 72.72mg (18.18%), Vitamin E: 2.71mg (18.08%), Iron: 2.58mg (14.35%), Potassium: 480.1mg (13.72%), Manganese: 0.26mg (13.2%), Vitamin B1: 0.18mg (12.3%), Folate: 47.86µg (11.97%), Vitamin A: 581.33IU (11.63%), Vitamin B6: 0.21mg (10.4%), Vitamin B2: 0.14mg (8.04%), Fiber: 1.34g (5.36%)