



Stuffed Lobster for Two

READY IN



40 min.

SERVINGS



2

CALORIES



713 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bread crumbs soft
- 0.5 cup butter softened
- 1 teaspoon tarragon dried
- 0.5 teaspoon ground pepper black
- 1 pd of lobster fresh
- 1 teaspoon salt
- 2 teaspoons vegetable oil

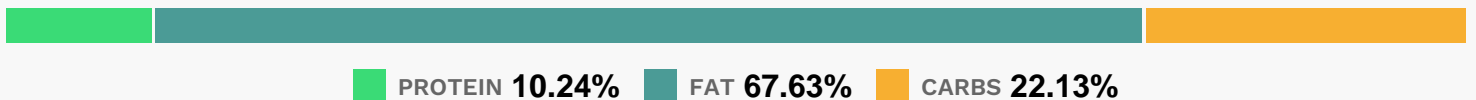
Equipment

- bowl
- oven
- pot
- baking pan
- chefs knife

Directions

- Bring a large pot of water to a rapid boil.
- Add the lobster and cook for 8 minutes.
- Remove from the water and set aside to cool slightly.
- Preheat the oven to 450 degrees F (220 degrees C). When the lobster is cool enough, split it in half lengthwise using a large chef's knife.
- Remove the dark strip if present.
- Remove the tomalley to a bowl and mix with the bread crumbs, butter, salt, pepper and tarragon. Stuff this mixture on top of the lobster meat still in the shell and place lobster halves in a baking dish.
- Drizzle oil over the top.
- Bake in the preheated oven until the stuffing is browned, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:76, Glycemic Load:0.38, Inflammation Score:-8, Nutrition Score:20.086086786312%

Nutrients (% of daily need)

Calories: 712.69kcal (35.63%), Fat: 53.95g (83%), Saturated Fat: 30.65g (191.53%), Carbohydrates: 39.73g (13.24%), Net Carbohydrates: 37.09g (13.49%), Sugar: 3.39g (3.76%), Cholesterol: 202.02mg (67.34%), Sodium: 2190.13mg (95.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.38g (36.76%), Selenium: 54.31µg (77.59%), Copper: 1mg (50.09%), Vitamin B1: 0.54mg (36.04%), Manganese: 0.68mg (33.9%), Vitamin A: 1465.44IU (29.31%), Vitamin B3: 4.7mg (23.52%), Phosphorus: 208.07mg (20.81%), Zinc: 3.11mg (20.71%), Calcium: 179.68mg (17.97%), Vitamin B12: 1.07µg (17.88%), Iron: 3.17mg (17.59%), Folate: 68.61µg (17.15%), Vitamin K: 16.63µg (15.84%), Vitamin B2: 0.26mg

(15.3%), Vitamin E: 2.28mg (15.21%), Magnesium: 52.65mg (13.16%), Vitamin B5: 1.28mg (12.8%), Fiber: 2.63g (10.52%), Potassium: 282.55mg (8.07%), Vitamin B6: 0.16mg (7.91%)