



Healthdor

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Lobster Tails

A delicious recipe featuring lobster tails. Perfect for seafood lovers.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 400 grams

Number of Servings: 4

Serving Size: 100 g

Ingredients

16 oz Lobster Tails

Directions

Step 1

Oven

Preheat the oven to 425°F.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Cutting

Cut the lobster tails in half lengthwise.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Baking

Place the lobster tails on a baking sheet and brush with melted butter.

Prep Time: 2 mins

Cook Time: 5 mins

Step 4

Oven

Bake in the preheated oven for 10-12 minutes, or until the lobster meat is opaque and cooked through.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Serving

Serve hot with your favorite sides.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 112 kcal

Fat: 0 g

Protein: 26 g

Carbohydrates: 0 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	26 g	152.94%	152.94%
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	0 g	0%	0%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	72 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	0 mg	0%	0%
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Breads

Salads

Soups

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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