

Sweet Cream Butter Broiled Florida Lobster Tails

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Servings: 4

*4 6- to 9-ounce lobster tails, split open in the shell
1/4 stick unsalted butter, softened
sea salt (to taste)
fresh ground pepper (to taste)*

Preheat the broiler on medium-high.

Place all of the lobsters on a cookie sheet. Make sure that they are opened up down the middle.

Evenly spread the butter over each of the lobster tails meat. Lightly season each tail with salt and pepper.

Place the lobsters on the middle rack of the oven under the broiler. Let the lobster cook for about 7 minutes or until just barely cooked throughout.

Remove the lobsters from the oven. Let cool slightly.

Serve warm with fresh lemon.

Per Serving (excluding unknown items): 306 Calories; 8g Fat (25.4% calories from fat); 53g Protein; 1g Carbohydrate; 0g Dietary Fiber; 285mg Cholesterol; 840mg Sodium. Exchanges: 7 1/2 Lean Meat; 1 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	306	Vitamin B6 (mg):	.2mg
% Calories from Fat:	25.4%	Vitamin B12 (mcg):	2.6mcg
% Calories from Carbohydrates:	1.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	72.6%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	8g	Folacin (mcg):	26mcg

Saturated Fat (g): 4g
Monounsaturated Fat (g): 2g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 285mg
Carbohydrate (g): 1g
Dietary Fiber (g): 0g
Protein (g): 53g
Sodium (mg): 840mg
Potassium (mg): 781mg
Calcium (mg): 138mg
Iron (mg): 1mg
Zinc (mg): 9mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 418IU
Vitamin A (r.e.): 113RE

Niacin (mg): 4mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 7 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 306 **Calories from Fat:** 78

% Daily Values*

Total Fat	8g	13%
Saturated Fat	4g	20%
Cholesterol	285mg	95%
Sodium	840mg	35%
Total Carbohydrates	1g	0%
Dietary Fiber	0g	0%
Protein	53g	
Vitamin A		8%
Vitamin C		0%
Calcium		14%
Iron		5%

* Percent Daily Values are based on a 2000 calorie diet.