

# Lobster Butter

Sonia Uvezian

*The International Appetizer Cookbook (1984)*

1/2 cup cooked lobster meat  
1/2 cup unsalted butter, room  
temperature  
1/2 teaspoon lemon juice, freshly  
squeezed and strained  
1/2 teaspoon fresh tarragon, very  
finely chopped  
salt (to taste)  
freshly ground pepper (to taste)

In a mortar, pound the lobster meat to a paste.

Cream the butter. Gradually beat in the lobster  
paste.

Add the lemon juice and tarragon.

Season to taste with salt and pepper.

Blend well.

*Flavored butters can be shaped into  
logs, wrapped tightly in aluminum  
foil, and frozen for up to two weeks.  
Simply open the frozen package and  
slice off what you need. They can also  
be refrigerated for up to twenty-four  
hours.*

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Per Serving (excluding unknown  
items): 885 Calories; 92g Fat  
(92.4% calories from fat); 16g  
Protein; 1g Carbohydrate; trace  
Dietary Fiber; 300mg Cholesterol;  
288mg Sodium. Exchanges: 2  
Lean Meat; 0 Vegetable; 0 Fruit; 18  
1/2 Fat.

## Sauces and Condiments

### Per Serving Nutritional Analysis

Calories (kcal):	885	Vitamin B6 (mg):	.1mg
% Calories from Fat:	92.4%	Vitamin B12 (mcg):	2.4mcg
% Calories from Carbohydrates:	0.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	7.0%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	92g	Folacin (mcg):	12mcg
Saturated Fat (g):	57g	Niacin (mg):	1mg
Monounsaturated Fat (g):	27g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	300mg	% Refused:	0.00%
Carbohydrate (g):	1g	<b>Food Exchanges</b>	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	16g	Lean Meat:	2
Sodium (mg):	288mg	Vegetable:	0

**Potassium (mg):** 290mg  
**Calcium (mg):** 72mg  
**Iron (mg):** trace  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 3534IU  
**Vitamin A (r.e.):** 874RE

**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 18 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 885      Calories from Fat: 818

### % Daily Values\*

<b>Total Fat</b>	92g	142%
Saturated Fat	57g	287%
<b>Cholesterol</b>	300mg	100%
<b>Sodium</b>	288mg	12%
<b>Total Carbohydrates</b>	1g	0%
Dietary Fiber	trace	0%
<b>Protein</b>	16g	
<b>Vitamin A</b>		71%
<b>Vitamin C</b>		2%
<b>Calcium</b>		7%
<b>Iron</b>		3%

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