AMERICAN · DINNER

Broiled Lobster Tails with Garlic Lemon Butter

20 min · Serves 2 · 355 kcal a serve · Video 5:07 · Wholesome Yum

Pescatarian · Gluten-free ingredients · No nuts listed

About 31 g protein and 1 g net carbs a serve. Lobster is very rich in selenium and a good source of zinc.

Diet notes: Keto (1.4 g net carbs a serve); Paleo with a swap: ghee instead of the salted butter.

Scan for the video, full nutrition and more free recipes

Ingredients 7 · SERVES 2

- [ ] 4 **lobster tails**, about 5 oz each
- [ ] ¼ cup **salted butter**, melted
- [ ] 2 **garlic** cloves, crushed
- [ ] 2 tsp **lemon juice**
- [ ] ½ tsp **smoked paprika**
- [ ] a pinch of **cayenne pepper**
- [ ] **Parsley**: fresh parsley and lemon wedges, to serve

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Crustacea, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Thaw frozen tails in cold water. With sharp kitchen shears, cut down the centre of the top shell to the tail, without cutting through the bottom shell. 0:45
2. Gently open the shell, pull out the dark vein, and lift the meat out so it sits on top of the closed shell. Put the tails on a lined baking sheet. 1:21
3. Melt the butter and whisk in the crushed garlic, lemon juice, smoked paprika and cayenne. 2:02
4. Brush the butter generously over the lobster meat. 2:56
5. Grill (broil) for 1 minute per ounce of one tail — 5 minutes for 5 oz tails — until opaque and firm (about 140–145°F inside). 3:20
6. Serve with lemon wedges, parsley and a little more melted butter if you like. 4:12

> **Tip** Serves 2 (two tails each), or 4 as part of a bigger meal. Weigh one tail to time the grill: different sizes cook at different speeds. Asparagus or a green salad keeps it low in carbs.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
355 kcal	31 g	1.8 g	0.4 g	25 g	960 mg
1,480 kJ	62% of a day	1.4 g net · 0.3 g sugars	1% of a day	15 g saturated	42% of a day
		1% of a day		32% of a day	

Energy from net carbs 2% · protein 35% · fat 63% — fits keto: 1.4 g net carbs, 63% of the energy from fat

High in (20%+ of a day) Selenium 214% · Vitamin B12 97% · Zinc 60% · Vitamin A 24%

Source of (10–19%) Magnesium 17% · Vitamin E 17% · Vitamin K 16% · Omega-3 15% · Vitamin B6 14% · Calcium 13%

Recipe and video: Wholesome Yum (@WholesomeYum) on YouTube — youtube.com/watch?v=oacP-1OIpGk, published 21 December 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/broiled-lobster-tails-garlic-butter