

Cajun Lobster Tails

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-garlic-butter-lobster-recipe>

Ingredients:

- 2 lobster tails 5-7 ounces each
- garlic butter For lemon
- 2 tablespoons butter melted
- 2 tablespoons lemon juice about 1 lemon
- 1 clove garlic minced
- crumb mixture For Cajun bread
- 2 tablespoons bread crumbs
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon butter melted
- 1 teaspoon Cajun seasoning
- 1 teaspoon paprika
- 1/8 teaspoon salt
- fresh parsley
- lemon juice

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 115 milligrams
4. Fat: 17 grams
5. Protein: 16 grams
6. SaturatedFat: 10 grams
7. Sodium: 470 milligrams
8. Sugar: 1 grams

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