

Grilled Lobster With Garlic-parsley Butter

Yield: 2 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-grilled-lobster-recipe>

Ingredients:

- 8 tablespoons unsalted butter softened
- 2 tablespoons chopped parsley finely
- 1 1/2 teaspoons crushed red chile flakes
- 4 cloves garlic finely chopped
- 1 lemon
- kosher salt
- ground black pepper
- 1 lobster live, about 1 to 1½ lb.
- 1/4 olive oil

Nutrition:

1. Calories: 690 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 260 milligrams
4. Fat: 65 grams
5. Fiber: 4 grams
6. Protein: 21 grams
7. SaturatedFat: 39 grams
8. Sodium: 840 milligrams

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