

Spaghetti all'Astice (Spaghetti with Lobster)

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-italian-lobster-tails>

Ingredients:

- 1 pound lobster live Maine
- 3 tablespoons extra-virgin olive oil
- 1 clove garlic peeled and minced
- 1 cup white wine tocai friulano or other dry Friuli
- 4 tomatoes ripe, cored and chopped
- salt
- 12 ounces spaghetti
- 4 sprigs parsley trimmed and chopped

Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 72 grams
3. Cholesterol: 110 milligrams
4. Fat: 13 grams
5. Fiber: 4 grams
6. Protein: 34 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 550 milligrams
9. Sugar: 7 grams

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