

Crab-Stuffed Lobster Tail

Yield: 2 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/portuguese-stuffed-lobster-recipe>

Ingredients:

- 2 lobster tails, split along the center top
- 2 teaspoons butter melted
- 15 crackers buttery round, crushed
- 1/2 cup lump crabmeat jumbo
- 1/4 cup clarified butter
- 1 tablespoon fresh parsley leaves chopped
- 1 teaspoon seafood seasoning such as Old Bay®
- 1 clove garlic minced
- 1 teaspoon lemon zest
- 1 tablespoon fresh lemon juice
- 1/4 teaspoon salt or to taste
- 1/4 teaspoon ground white pepper freshly, or to taste

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 240 milligrams
4. Fat: 32 grams
5. Fiber: 1 grams
6. Protein: 39 grams
7. SaturatedFat: 18 grams
8. Sodium: 1290 milligrams
9. Sugar: 1 grams

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