

How to Boil and Eat Lobster

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-lobster-boil-recipe>

Ingredients:

- lobsters Live, 1 per person
- water A large pot of salted
- butter
- bread optional
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Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 30 milligrams
4. Fat: 13 grams
5. Protein: 1 grams
6. SaturatedFat: 8 grams
7. Sodium: 170 milligrams
8. Sugar: 1 grams

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