

Baked Lobster Tail

Yield: 4 min
Total Time: 27 min

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

Ingredients:

- 4 pieces lobster tails 6 to 8 oz. each
- 2 tablespoons melted butter
- 2 teaspoons parsley flakes
- 4 teaspoons juice fresh lemon
- 3/4 cup water
- 1/2 teaspoon salt
- 1 pinch ground black pepper

Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 15 milligrams
4. Fat: 6 grams
5. SaturatedFat: 3.5 grams
6. Sodium: 340 milligrams

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