

Grilled Lobster Tail

Yield: 3 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/valentine-dinner-lobster-tail-recipe-can-t-cook>

Ingredients:

- 4 lobster tails 8-10 oz each
- 3 sticks unsalted butter
- 4 cloves garlic minced
- 1/2 cup fresh parsley chopped
- 1 lemon
- 2 tablespoons lemon zest Fresh
- 2 teaspoons crushed red pepper
- 1/4 cup olive oil
- 1 tablespoon kosher salt
- 1 tablespoon cracked black pepper

Nutrition:

1. Calories: 1170 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 435 milligrams
4. Fat: 112 grams
5. Fiber: 3 grams
6. Protein: 40 grams
7. SaturatedFat: 60 grams
8. Sodium: 3010 milligrams

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