

Q778



## (4) 6-7 OZ. WILD-CAUGHT MAINE LOBSTER TAILS

### Preparation Instructions

*Keep frozen until ready to prepare. Defrost under refrigeration until fully thawed.*

*Cook to 145° internal temperature.*

**BROIL:** Preheat broiler. Split top side of tail lengthwise 1/2 way through meat of tail. Gently spread shell open and pull meat out of shell slightly keeping tail end attached to shell. Place on baking sheet. Lightly oil or use clarified butter to coat tail and season as desired. Broil tail for 7-12 minutes, or until meat is opaque in color. Let stand 2-3 minutes before serving.

**OVEN:** Follow lobster tail preparations as noted above, season and bake at 400°F in preheated oven for 10-15 minutes. Let stand 2-3 minutes before serving.

Dist. by Rastelli Foods Group | Swedesboro, NJ 08085

**Keep Frozen** – Remove from package before thawing.

Thaw under refrigeration and store below 38°F. Do not refreeze.

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### Nutrition Facts

4 servings per container

Serv. sz. **1 Tail (170g/6oz)**

Amount per serving

**Calories 120**

% Daily Value\*

**Total Fat** 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 140mg **47%**

**Sodium** 700mg **30%**

**Total Carbohydrate** 0g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 28g

Vitamin D 0mcg **0%**

Calcium 40mg **4%**

Iron 0mg **0%**

Potassium 460mg **10%**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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NET WT: 1.5 LBS (24 oz)

**INGREDIENTS:** Lobster Tails

**CONTAINS:** Shellfish (Lobster).

