

Lobster Tails



Our sweet meat lobster tails are produced from only high quality live lobsters and are always delicious. Easy to thaw and prepare, these mouthwatering lobster tails are perfect for many center of plate or surf and turf menu options.



Paturel
INTERNATIONAL



THAWING INSTRUCTIONS: Thaw your lobster tails by placing the frozen tails directly into a pot of cold tap water for 30 minutes. Your tails are thawed when they feel flexible and you are ready to cook.

COOKING INSTRUCTIONS: Lobster and Butter

Boiled Lobster Tails

Boil a pot with enough water to cover up to 4 tails, and bring the water to a boil and gently put tails in the pot. Wait for water to reach a slow boil (small bubbles), then reduce heat (set timer for 3½ minutes), and simmer uncovered. After 3½ minutes, remove all tails from the pot but keep water on stove. Test just one tail to see if done. Use a knife to cut through the soft underside of the shell, into the thickest part of the tail meat. If it appears completely white with no sign of translucent grayish color, then they're all ready to serve. If there is still some translucency put the tails back in the water for one-minute increments until done. Serve with warm melted butter and enjoy!

Broiled Lobster Tails

Brush lobster meat with melted butter. Broil 5" from heat for 4 minutes. Baste with more melted butter and broil for an additional 3 minutes or until lobster meat turns opaque. Watch closely to avoid overcooking. Serve and enjoy!

Nutrition Facts

Serving Size 1 lobster tail (85g)
Servings Per Container 54

Amount Per Serving

Calories 60 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 70mg **23%**

Sodium 350mg **15%**

Potassium 230mg **7%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 14g

Vitamin A 6% • Vitamin C 0%

Calcium 2% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Potassium	Less than	3,500mg	3,500mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

PACKED BY
PATUREL INTERNATIONAL
CANADA

Description	PACK	SIZE	Case UPC	Bag UPC
Paturel Frozen Raw Lobster Tails	10 lb	4-5 oz	00055384400410	055384400410

