



Boiled Lobster with Corn and New Potatoes

READY IN



45 min.

SERVINGS



6

CALORIES



894 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups butter melted
- ☐ 6 ears corn fresh
- ☐ 6 servings baguette french sliced
- ☐ 3 lemons halved
- ☐ 6 pound lobsters
- ☐ 18 new potatoes quartered
- ☐ 6 servings garnish: parsley sprigs fresh italian
- ☐ 4 teaspoons salt divided
- ☐ 6 quarts water

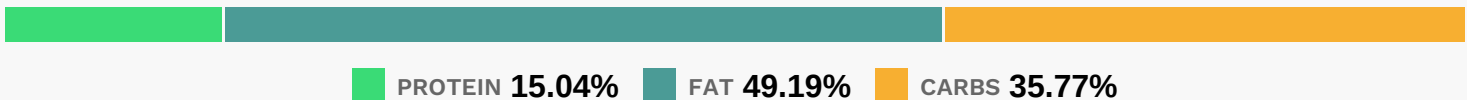
Equipment

- ☐ pot
- ☐ dutch oven
- ☐ tongs

Directions

- ☐ Bring 6 quarts water and 1 tablespoon salt to a boil in a large stockpot. Plunge 3 lobsters, head first, into boiling water; return to a boil. Cover, reduce heat, and simmer 10 minutes for the first pound and 3 minutes for each additional pound.
- ☐ Remove lobsters with tongs; set aside. Return water to a boil; repeat procedure with remaining lobsters.
- ☐ Cook potatoes with remaining 1 teaspoon salt in boiling water to cover in a large Dutch oven 5 minutes.
- ☐ Add corn; cover and cook 5 more minutes or until potatoes are tender.
- ☐ Arrange lobsters, potatoes, and corn on a serving platter.
- ☐ Serve with melted butter, lemon halves, and baguette slices.
- ☐ Add parsley to serving plates, if desired.

Nutrition Facts



Properties

Glycemic Index:43.83, Glycemic Load:43.56, Inflammation Score:-9, Nutrition Score:41.892173684162%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 894.31kcal (44.72%), Fat: 50.28g (77.36%), Saturated Fat: 30.11g (188.19%), Carbohydrates: 82.28g (27.43%), Net Carbohydrates: 73.8g (26.84%), Sugar: 11.36g (12.63%), Cholesterol: 283.31mg (94.44%), Sodium: 2922.19mg (127.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.59g (69.17%), Selenium: 93.62µg (133.74%), Copper: 2.2mg (109.97%), Vitamin C: 73.16mg (88.67%), Vitamin K: 74.95µg (71.39%), Vitamin B1: 0.7mg (46.64%), Phosphorus: 465.72mg (46.57%), Vitamin B3: 8.42mg (42.1%), Vitamin B6: 0.83mg (41.32%), Zinc: 6.11mg (40.77%), Manganese: 0.8mg (39.92%), Folate: 159.58µg (39.9%), Potassium: 1394.27mg (39.84%), Vitamin A: 1943.76IU (38.88%), Magnesium: 153.8mg (38.45%), Vitamin B5: 3.41mg (34.06%), Fiber: 8.48g (33.94%), Vitamin B12: 1.68µg (28.07%), Iron: 4.91mg (27.3%), Calcium: 258.38mg (25.84%), Vitamin B2: 0.36mg (21.21%), Vitamin E: 2.8mg (18.65%)