



 **38%**
HEALTH SCORE

Cajun Lobster Pasta

 **Gluten Free**

READY IN



45 min.

SERVINGS



1

CALORIES



734 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 strips bacon
- 1 bell pepper chopped
- 1 bell pepper chopped
- 0.8 cup veggie broth
- 1 teaspoon cajun spice
- 3 cloves garlic minced
- 0.5 teaspoon garlic powder
- 3 spring onion chopped

- 0.3 cup cup heavy whipping cream
- 0.5 teaspoon lemon pepper
- 1 pd of lobster
- 1 teaspoon old bay seasoning
- 0.5 teaspoon onion powder
- 0.5 teaspoon oregano
- 1 serving bell pepper to taste
- 1 serving bell pepper to taste
- 0.3 tsp salt

Equipment

- frying pan

Directions

- Cook up your bacon in a small frying pan over medium heat.
- Remove the bacon and drain off the fat, reserving about a tablespoon. To the pan add in your garlic and pepper. Cook it up on medium heat for about two to three minutes.
- Add in the green onions.
- Let cook for an additional minute. Chop up your bacon and add it to the pan along with the broth. Love me some bacon. Now add in your spices; the cajun, old bay, onion powder, garlic powder, lemon pepper, oregano, and pepper. Allow the mixture to heat back up and then turn your heat down to medium low.
- Add in your lobster and allow it about three to five minutes to heat up completely. Last up, add in your cream.
- Serve your finished lobster over fresh cooked pasta with a few pinches of parmesan cheese and a sprinkle of chopped green onions over the top.

Nutrition Facts



Properties

Glycemic Index:292, Glycemic Load:7.51, Inflammation Score:-10, Nutrition Score:52.661739130435%

Flavonoids

Luteolin: 2.36mg, Luteolin: 2.36mg, Luteolin: 2.36mg, Luteolin: 2.36mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg

Taste

Sweetness: 21.87%, Saltiness: 100%, Sourness: 7.31%, Bitterness: 12.85%, Savoriness: 36%, Fattiness: 71.52%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 734.22kcal (36.71%), Fat: 50.4g (77.54%), Saturated Fat: 23.08g (144.25%), Carbohydrates: 39.35g (13.12%), Net Carbohydrates: 28.21g (10.26%), Sugar: 20.84g (23.15%), Cholesterol: 270.82mg (90.27%), Sodium: 2299.09mg (99.96%), Protein: 36.92g (73.84%), Vitamin C: 505.83mg (613.12%), Vitamin A: 14816.42IU (296.33%), Selenium: 97.94µg (139.91%), Vitamin K: 121.16µg (115.39%), Copper: 1.92mg (96.08%), Vitamin B6: 1.7mg (85.09%), Vitamin E: 9.06mg (60.41%), Folate: 223.94µg (55.98%), Manganese: 1.1mg (54.77%), Phosphorus: 482.31mg (48.23%), Zinc: 6.86mg (45.71%), Vitamin B3: 9.07mg (45.36%), Fiber: 11.14g (44.56%), Potassium: 1504.26mg (42.98%), Vitamin B5: 3.74mg (37.43%), Vitamin B2: 0.59mg (34.65%), Vitamin B12: 2µg (33.34%), Vitamin B1: 0.49mg (32.79%), Magnesium: 130.6mg (32.65%), Calcium: 268mg (26.8%), Iron: 4.73mg (26.28%), Vitamin D: 1.22µg (8.11%)