



Calcutta Lobster in Spinach and Yogurt Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon mustard seeds shopping list black
- ☐ 4 servings brown rice white cooked
- ☐ 1 teaspoon coarse salt to taste
- ☐ 1 inch ginger fresh
- ☐ 4 large garlic clove
- ☐ 2 teaspoons ground coriander
- ☐ 1.5 pounds lobster tail pieces frozen thawed uncooked
- ☐ 1 medium onion

- ☐ 1 cup yogurt plain
- ☐ 1 small serrano chiles fresh
- ☐ 1 bunch pkt spinach
- ☐ 2 tablespoons vegetable oil (see note, beginning of recipe)

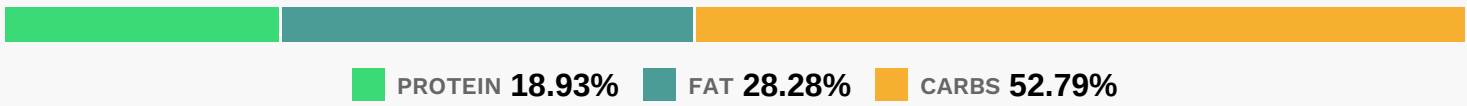
Equipment

- ☐ frying pan
- ☐ knife
- ☐ mortar and pestle
- ☐ cleaver

Directions

- ☐ With a cleaver or large knife halve lobster tails lengthwise. Discard shells and devein tails.
- ☐ Cut lobster into bite-size pieces.
- ☐ Discard coarse stems from spinach and chop enough spinach to measure 2 cups. Chop onion and mince garlic. Wearing protective gloves, mince serrano. Peel gingerroot and mince. With a mortar and pestle or in an electric coffee/spice grinder coarsely grind mustard seeds.
- ☐ In a 10- to 12-inch heavy skillet heat oil over moderate heat until hot but not smoking and cook onion, garlic, serrano, gingerroot, and mustard seeds, stirring, until onion begins to brown.
- ☐ Add coriander and cook, stirring, 1 minute. Stir in spinach and cook until it begins to wilt, about 30 seconds. Gradually add yogurt, stirring until combined well, and stir in lobster and salt. Simmer mixture gently until lobster is just cooked through, 5 to 6 minutes.
- ☐ Serve lobster and sauce over rice.

Nutrition Facts



Properties

Glycemic Index:45.44, Glycemic Load:22.13, Inflammation Score:-10, Nutrition Score:34.638695723337%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 5.61mg, Kaempferol: 5.61mg, Kaempferol: 5.61mg, Kaempferol: 5.61mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 9.25mg, Quercetin: 9.25mg, Quercetin: 9.25mg, Quercetin: 9.25mg

Nutrients (% of daily need)

Calories: 347.88kcal (17.39%), Fat: 11.13g (17.12%), Saturated Fat: 2.75g (17.2%), Carbohydrates: 46.75g (15.58%), Net Carbohydrates: 42.18g (15.34%), Sugar: 4.52g (5.02%), Cholesterol: 68.45mg (22.82%), Sodium: 882.44mg (38.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.76g (33.52%), Vitamin K: 423.54µg (403.37%), Vitamin A: 8047.98IU (160.96%), Manganese: 2.69mg (134.58%), Selenium: 34.11µg (48.73%), Folate: 189.91µg (47.48%), Copper: 0.93mg (46.41%), Magnesium: 169.81mg (42.45%), Vitamin C: 28.16mg (34.13%), Phosphorus: 322.87mg (32.29%), Vitamin B6: 0.56mg (27.94%), Potassium: 871.37mg (24.9%), Zinc: 3.62mg (24.1%), Calcium: 234.59mg (23.46%), Vitamin B1: 0.32mg (21%), Iron: 3.65mg (20.27%), Vitamin E: 2.77mg (18.5%), Fiber: 4.57g (18.28%), Vitamin B3: 3.59mg (17.97%), Vitamin B5: 1.75mg (17.54%), Vitamin B2: 0.29mg (17.13%), Vitamin B12: 0.82µg (13.7%)