

Cantonese Style Lobster



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon brown sugar
- ☐ 1 cup chicken broth
- ☐ 1 tablespoon cornstarch
- ☐ 2 eggs beaten
- ☐ 1 slice ginger root fresh minced
- ☐ 1 clove garlic crushed
- ☐ 3 green onions chopped
- ☐ 6 ounces ground pork lean

- ☐ 1 pound live lobsters fresh
- ☐ 0.3 cup vegetable oil; peanut oil preferred divided
- ☐ 1 tablespoon cooking sherry
- ☐ 1 tablespoon soya sauce

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ skewers

Directions

- ☐ Rinse the lobster, and hold it belly up. At the bottom of the tail, there is a small opening, stick a long skewer in it to drain any urine left in its' body, then crack the tail off, chop the tail into small pieces, and crack the claws in half as well. If you know how to eat the body of the lobster, cut it up and throw it on the pile too.
- ☐ Heat half of the peanut oil in a deep heavy skillet over medium heat.
- ☐ Add the crushed garlic, and fry for about 1 minute. Throw in the lobster pieces, and fry until they are cooked through, about 4 to 5 minutes.
- ☐ Remove the lobster and garlic mixture to a dish and keep warm.
- ☐ Heat the remaining oil in the skillet.
- ☐ Add the minced ginger and pork, and fry until the pork is no longer pink.
- ☐ Pour in the chicken broth, and bring to a boil, stirring constantly. In a small bowl, mix together the sherry, soy sauce, cornstarch and brown sugar until well blended.
- ☐ Add the sherry mixture to the pan, and stir-fry for a minute or two, until the sauce becomes thick and somewhat clear.
- ☐ Stir in the green onions, and turn the heat off.
- ☐ Drizzle the beaten eggs over the mixture in the pan, and stir until the eggs are in little pieces. Finally, return the lobster to the pan, and cook over low heat for a few minutes to blend the flavors.
- ☐ Transfer to a serving dish, and let stand, covered, for a few minutes before serving. Eat with steamed rice and enjoy, cause you worked hard!

Nutrition Facts

PROTEIN 18.66% FAT 76.1% CARBS 5.24%

Properties

Glycemic Index:26.75, Glycemic Load:0.26, Inflammation Score:-3, Nutrition Score:12.801739143289%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 351.98kcal (17.6%), Fat: 29.49g (45.38%), Saturated Fat: 7.15g (44.67%), Carbohydrates: 4.57g (1.52%), Net Carbohydrates: 4.26g (1.55%), Sugar: 1.64g (1.82%), Cholesterol: 153.96mg (51.32%), Sodium: 660.97mg (28.74%), Alcohol: 0.39g (100%), Alcohol %: 0.25% (100%), Protein: 16.27g (32.55%), Selenium: 37.92µg (54.17%), Copper: 0.49mg (24.53%), Vitamin B1: 0.35mg (23.21%), Vitamin E: 3.41mg (22.72%), Phosphorus: 182.92mg (18.29%), Vitamin K: 18.85µg (17.95%), Zinc: 2.45mg (16.36%), Vitamin B12: 0.9µg (15.04%), Vitamin B2: 0.26mg (15.01%), Vitamin B3: 2.73mg (13.67%), Vitamin B6: 0.26mg (13.01%), Vitamin B5: 1.12mg (11.19%), Potassium: 270mg (7.71%), Magnesium: 27.9mg (6.98%), Iron: 1.17mg (6.51%), Calcium: 57.32mg (5.73%), Manganese: 0.11mg (5.59%), Folate: 22.34µg (5.58%), Vitamin A: 214.02IU (4.28%), Vitamin D: 0.44µg (2.93%), Vitamin C: 2.25mg (2.73%), Fiber: 0.31g (1.25%)