



Creamy Lobster Pappardelle

READY IN



29 min.

SERVINGS



4

CALORIES



496 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup no-salt-added chicken stock (such as Swanson)
- ☐ 2 cups cooking wine dry white
- ☐ 2 tablespoons parsley fresh
- ☐ 1 teaspoon thyme leaves fresh
- ☐ 2 tablespoons heavy whipping cream
- ☐ 0.8 teaspoon kosher salt
- ☐ 15 ounce american lobster tails
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 8 ounce pappardelle uncooked (wide ribbon pasta)
- ☐ 1 thyme sprig

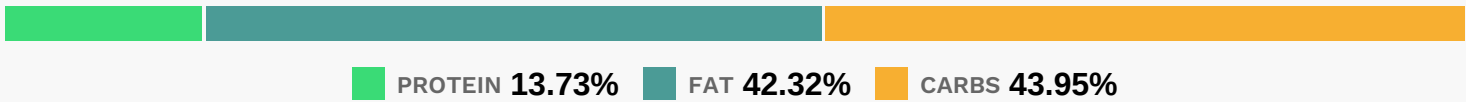
Equipment

- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat; drain.
- ☐ While pasta cooks, bring wine, stock, and thyme sprig to a boil in a large skillet.
- ☐ Add lobster. Cover, reduce heat, and simmer 5 minutes or until done.
- ☐ Remove the lobster from pan, and cool slightly.
- ☐ Remove meat from lobster tails; coarsely chop.
- ☐ Add oil, salt, and pepper to wine mixture in pan; bring to a boil. Cook 14 minutes or until reduced to 1/2 cup. Discard thyme sprig. Stir in cream.
- ☐ Add lobster meat and pasta to sauce. Cook 1 minute or until sauce coats pasta, and toss.
- ☐ Sprinkle with parsley and thyme.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:17.5, Inflammation Score:-8, Nutrition Score:16.512608512588%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 496.48kcal (24.82%), Fat: 19.34g (29.75%), Saturated Fat: 4.42g (27.59%), Carbohydrates: 45.19g (15.06%), Net Carbohydrates: 43.12g (15.68%), Sugar: 2.93g (3.25%), Cholesterol: 94.81mg (31.6%), Sodium: 626.26mg (27.23%), Alcohol: 12.36g (100%), Alcohol %: 5.99% (100%), Protein: 14.11g (28.23%), Selenium: 64.62µg (92.32%), Vitamin K: 42.2µg (40.19%), Manganese: 0.68mg (33.75%), Copper: 0.6mg (30.05%), Phosphorus: 220.77mg (22.08%), Vitamin E: 2.51mg (16.71%), Zinc: 2.38mg (15.87%), Magnesium: 60.35mg (15.09%), Vitamin B6: 0.24mg (11.96%), Vitamin B3: 2.31mg (11.57%), Iron: 1.9mg (10.53%), Vitamin B5: 1.03mg (10.34%), Potassium: 339.24mg (9.69%), Vitamin B12: 0.55µg (9.14%), Fiber: 2.07g (8.29%), Vitamin B1: 0.12mg (8.17%), Vitamin A: 352.29IU (7.05%), Vitamin B2: 0.12mg (6.97%), Calcium: 68.26mg (6.83%), Folate: 25.82µg (6.45%), Vitamin C: 3.97mg (4.81%), Vitamin D: 0.29µg (1.93%)