



Curried Lobster

READY IN



45 min.

SERVINGS



6

CALORIES



378 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cooking apple cored peeled chopped
- 0.3 cup butter
- 1 cup chicken broth
- 6 servings rice hot cooked
- 1 teaspoon curry powder
- 3 tablespoons flour all-purpose
- 4 lobster tail pieces frozen thawed
- 1 medium onion chopped
- 0.5 teaspoon salt

- 2 quarts water
- 1 cup warm whipping cream
- 6 servings condiments
- 6 servings condiments

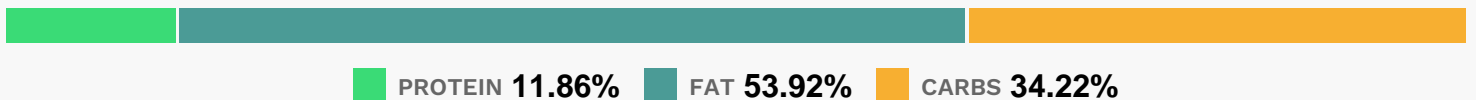
Equipment

- frying pan
- knife
- dutch oven
- tongs

Directions

- Bring water to a boil in a large Dutch oven.
- Add lobster tails; return to a boil and cook 5 minutes.
- Remove tails from water with kitchen tongs; rinse under cold water.
- Drain.
- With a sharp knife, cut down outer edge of tail to remove shell.
- Remove meat; cut into chunks. Discard shell.
- Saut onion and apple in butter in a small skillet; stir in flour and salt.
- Add chicken broth; cook over low heat, stirring constantly, until sauce begins to thicken. Stir in whipping cream; cook until sauce is smooth and thickened.
- Add curry powder; stir well.
- Add reserved lobster; cook until lobster is thoroughly heated.
- Spoon over rice, and serve with several of the following: (about 1 cup each) chutney, flaked coconut, chopped hard cooked egg, crumbled bacon, salted peanuts, and raisins.

Nutrition Facts



Properties

Glycemic Index:49.67, Glycemic Load:27.47, Inflammation Score:-6, Nutrition Score:11.540869650633%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg

Nutrients (% of daily need)

Calories: 378.06kcal (18.9%), Fat: 22.76g (35.02%), Saturated Fat: 14.16g (88.48%), Carbohydrates: 32.51g (10.84%), Net Carbohydrates: 30.95g (11.25%), Sugar: 5.32g (5.91%), Cholesterol: 119.52mg (39.84%), Sodium: 606.92mg (26.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.26g (22.52%), Selenium: 35.62µg (50.88%), Copper: 0.71mg (35.4%), Manganese: 0.49mg (24.48%), Vitamin A: 841.97IU (16.84%), Phosphorus: 142.6mg (14.26%), Zinc: 2.12mg (14.15%), Vitamin B5: 1.09mg (10.92%), Vitamin B12: 0.61µg (10.25%), Magnesium: 37.05mg (9.26%), Calcium: 91.13mg (9.11%), Vitamin B2: 0.15mg (8.79%), Vitamin B6: 0.17mg (8.57%), Vitamin E: 1.13mg (7.55%), Vitamin B3: 1.38mg (6.92%), Potassium: 227.45mg (6.5%), Fiber: 1.57g (6.27%), Vitamin B1: 0.08mg (5.65%), Folate: 20.23µg (5.06%), Vitamin D: 0.63µg (4.23%), Iron: 0.69mg (3.81%), Vitamin C: 3.03mg (3.67%), Vitamin K: 3.02µg (2.87%)