



Dublin Lawyer

READY IN



35 min.

SERVINGS



4

CALORIES



1256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups button mushrooms sliced
- ☐ 1 teaspoon cayenne
- ☐ 2 cups rice hot cooked
- ☐ 4 cups heavy cream
- ☐ 1 pound live maine lobsters cooked
- ☐ 2 teaspoons paprika
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.5 cup scallions sliced
- ☐ 0.5 cup butter unsalted softened 1 stick

☐

O.3 cup irish whiskey recommended: Jameson

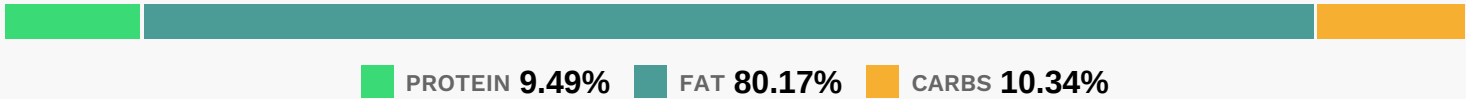
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ mixing bowl

Directions

- ☐ In a small mixing bowl thoroughly combine softened butter, cayenne pepper, and paprika. In a large deep-sided skillet over medium-high heat, melt the cayenne butter and add the mushrooms, scallions and lobster meat.
- ☐ Saute until mushroom are golden, about 5 minutes, and season with salt and pepper, to taste. Carefully add the whiskey off the heat and cook until almost completely evaporated.
- ☐ Add the cream and reduce until thickened.
- ☐ Serve in large bowls over hot rice.

Nutrition Facts



Properties

Glycemic Index:66.75, Glycemic Load:24.45, Inflammation Score:-10, Nutrition Score:31.496956700864%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 1256.12kcal (62.81%), Fat: 110.37g (169.8%), Saturated Fat: 69.64g (435.27%), Carbohydrates: 32.02g (10.67%), Net Carbohydrates: 30.51g (11.1%), Sugar: 8.18g (9.09%), Cholesterol: 473.96mg (157.99%), Sodium: 552.5mg (24.02%), Alcohol: 5.31g (100%), Alcohol %: 1.29% (100%), Protein: 29.41g (58.82%), Selenium: 89µg (127.15%), Vitamin A: 5037.99IU (100.76%), Copper: 1.75mg (87.61%), Phosphorus: 402.18mg (40.22%), Vitamin B2: 0.66mg (38.54%), Zinc: 5.28mg (35.22%), Vitamin K: 36.85µg (35.09%), Vitamin B5: 3.16mg (31.64%), Vitamin B12: 1.86µg (31.02%), Vitamin E: 4.38mg (29.2%), Vitamin D: 4.31µg (28.7%), Calcium: 280.6mg (28.06%), Manganese: 0.52mg (25.83%), Magnesium: 78.25mg (19.56%), Potassium: 670.68mg (19.16%), Vitamin B3: 3.8mg (19.01%),

Vitamin B6: 0.35mg (17.73%), Folate: 39.24µg (9.81%), Vitamin B1: 0.13mg (8.65%), Iron: 1.32mg (7.36%), Fiber: 1.51g (6.05%), Vitamin C: 4.93mg (5.97%)