



Emeril's Lobster Cheesecake

READY IN



90 min.

SERVINGS



8

CALORIES



1020 kcal

Ingredients

- 1 cup breadcrumbs
- 7 ounces caviar black (like oestra)
- 1.8 lbs cream cheese at room temperature
- 2 cups crème fraîche
- 4 large eggs
- 0.5 cup parsley fresh chopped
- 1 tablespoon parsley fresh finely chopped
- 1 cup gouda cheese smoked grated
- 1 teaspoon pepper fresh black
- 2 hardboiled eggs finely chopped

- 0.5 cup cup heavy whipping cream
- 2 cups live maine lobsters cooked roughly chopped
- 1 tablespoon olive oil
- 1 cup onion chopped
- 1 cup parmesan freshly grated
- 0.5 cup bell pepper red chopped
- 0.3 cup onion diced red
- 2 teaspoons salt
- 0.5 cup butter unsalted melted
- 0.5 cup bell pepper yellow chopped

Equipment

- oven
- knife
- mixing bowl
- hand mixer
- springform pan

Directions

- Preheat the oven to 350 degrees F. In a mixing bowl, combine the Parmesan, bread crumbs, and butter, blend thoroughly. Press the mixture into the bottom of a 9-inch springform pan. In a large saute pan, heat the olive oil. When the oil is hot, add the onions, and the peppers. Season with salt and pepper.
- Saute for 2 minutes, remove from the heat. Using an electric mixer, beat the cream cheese until smooth. With the machine running, add the eggs, one at a time, until incorporated. Beat in the cream, Gouda, and sauteed vegetables until fully incorporated, about 2 minutes. Fold in the lobster meat and the parsley.
- Pour the filling into the prepared crust and bake until firm, about 1 hour.
- Remove from the oven and allow to cool to room temperature. If you refrigerate the cake before serving, allow to come to room temperature before serving. To serve, cut the cake into wedges with a warm knife.

Serve each wedge with the creme fraiche, sprinkled with parsley and onions.

Garnish with a dollop of caviar.

Nutrition Facts

PROTEIN 16.63% **FAT 73.85%** **CARBS 9.52%**

Properties

Glycemic Index:32.88, Glycemic Load:2.47, Inflammation Score:-10, Nutrition Score:39.883912895037%

Flavonoids

Apigenin: 9.16mg, Apigenin: 9.16mg, Apigenin: 9.16mg, Apigenin: 9.16mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg

Nutrients (% of daily need)

Calories: 1019.76kcal (50.99%), Fat: 84.66g (130.25%), Saturated Fat: 46.55g (290.96%), Carbohydrates: 24.57g (8.19%), Net Carbohydrates: 23.06g (8.38%), Sugar: 9.45g (10.5%), Cholesterol: 584.27mg (194.76%), Sodium: 2134.91mg (92.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.89g (85.78%), Selenium: 87.32µg (124.75%), Vitamin B12: 7.1µg (118.36%), Vitamin K: 78.18µg (74.46%), Vitamin A: 3625.07IU (72.5%), Phosphorus: 701.7mg (70.17%), Calcium: 700.19mg (70.02%), Vitamin B2: 0.91mg (53.78%), Copper: 0.96mg (47.87%), Vitamin C: 37.12mg (44.99%), Magnesium: 144.33mg (36.08%), Zinc: 5.34mg (35.57%), Vitamin B5: 3.42mg (34.24%), Iron: 5.12mg (28.46%), Vitamin E: 3.46mg (23.07%), Folate: 88.46µg (22.11%), Vitamin B6: 0.41mg (20.6%), Vitamin B1: 0.28mg (18.84%), Potassium: 610.47mg (17.44%), Manganese: 0.3mg (14.87%), Vitamin D: 2.16µg (14.37%), Vitamin B3: 2.37mg (11.83%), Fiber: 1.52g (6.06%)