



Fettuccine with Lobster Pantelleria-Style

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



585 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup basil leaves
- ☐ 1 tablespoon pepper black freshly ground
- ☐ 1 tablespoon crushed chili pepper crushed
- ☐ 1 pound fettuccine barilla
- ☐ 2 cloves garlic
- ☐ 3 pound lobsters cooled steamed
- ☐ 0.5 cup mint leaves
- ☐ 0.5 cup olive oil extra-virgin

- ☐ 1 cup parsley leaves chopped for garnish
- ☐ 4 medium plum tomatoes canned roughly chopped
- ☐ 4 tablespoons salt capers packed rinsed drained

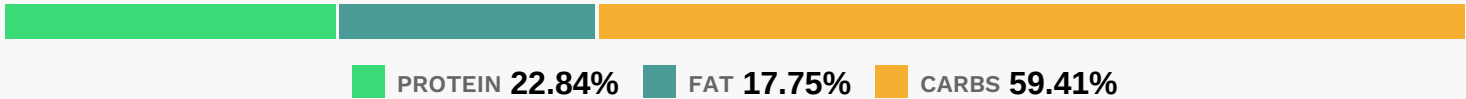
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Bring 6 quarts water to boil and add 2 tablespoons salt.
- ☐ Crack lobster shells and remove meat.
- ☐ Cut tail into 1/2-inch slices and claws into 3 pieces. Set aside tomalley.
- ☐ In a blender, mix mint, basil, parsley, garlic, capers, tomatoes, black and chili pepper and extra-virgin olive oil to form smooth paste. If needed, add a little more olive oil.
- ☐ Pour pesto into large serving bowl.
- ☐ Cook fettuccine according to package instructions until al dente.
- ☐ Add lobster into the pasta cooking water for 1 minute.
- ☐ Drain well.
- ☐ Pour hot pasta and lobster into the bowl and toss like a salad until well mixed and serve immediately.
- ☐ Sprinkle with chopped parsley leaves.

Nutrition Facts



Properties

Glycemic Index:72.75, Glycemic Load:35.16, Inflammation Score:-9, Nutrition Score:35.668261009714%

Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg,

Naringenin: 0.42mg Apigenin: 32.65mg, Apigenin: 32.65mg, Apigenin: 32.65mg, Apigenin: 32.65mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 2.33mg, Myricetin: 2.33mg, Myricetin: 2.33mg, Myricetin: 2.33mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 585.22kcal (29.26%), Fat: 11.54g (17.75%), Saturated Fat: 2.33g (14.57%), Carbohydrates: 86.88g (28.96%), Net Carbohydrates: 80.94g (29.43%), Sugar: 4.12g (4.58%), Cholesterol: 216.23mg (72.08%), Sodium: 7417.54mg (322.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.41g (66.82%), Vitamin K: 270.17µg (257.31%), Selenium: 150.29µg (214.7%), Copper: 1.75mg (87.27%), Manganese: 1.46mg (72.98%), Phosphorus: 462.29mg (46.23%), Vitamin A: 2295.42IU (45.91%), Vitamin C: 36.63mg (44.4%), Zinc: 5.96mg (39.7%), Magnesium: 126.69mg (31.67%), Vitamin B5: 2.59mg (25.92%), Vitamin B12: 1.52µg (25.33%), Fiber: 5.95g (23.79%), Vitamin B3: 4.66mg (23.29%), Iron: 4.18mg (23.22%), Vitamin B6: 0.46mg (23.05%), Potassium: 777.62mg (22.22%), Folate: 84.13µg (21.03%), Calcium: 179.84mg (17.98%), Vitamin B1: 0.26mg (17.37%), Vitamin E: 2.54mg (16.93%), Vitamin B2: 0.17mg (9.81%), Vitamin D: 0.34µg (2.27%)