



WHATSHATE



Fettuccine With Lobster, Tomatoes and Saffron

 Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



520 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 ribs celery cut into 1/4 inch dice
- ☐ 0.3 cup cooking wine dry white
- ☐ 1.5 pounds fettuccine barilla
- ☐ 0.5 cup chives fresh chopped
- ☐ 4 cloves garlic thinly sliced
- ☐ 8 servings kosher salt
- ☐ 6 pound spiny lobsters cooled steamed may sub

- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 1 medium onion red cut into 1/8 inch julienne
- ☐ 1 pinch saffron threads
- ☐ 0.5 pound overripe tomatoes with juices cut into 1/2 inch dice
- ☐ 2 medium waxy potatoes cut into 1/8 inch dice

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot
- ☐ colander

Directions

- ☐ Remove the lobster meat from the shells and cut into 1/4-inch pieces.
- ☐ Bring 8 quarts water to a boil in a large spaghetti pot and add 2 tablespoons salt.
- ☐ In a 14-inch saute pan, heat the olive oil until smoking.
- ☐ Add the onion, celery, potatoes and garlic and saute until golden brown, 6 to 7 minutes.
- ☐ Add the tomatoes, wine and saffron and bring to a boil. Lower the heat and simmer 3 minutes. Drop the fettuccine into the boiling water and cook to one minute less than the package instructions. Just before it is done, carefully ladle 1/2 cup of the cooking water into the pan with the sauce.
- ☐ Add the lobster to the tomato sauce in the pan and toss through.
- ☐ Drain the pasta in a colander and dump into the pan with the sauce, add the chives and toss over medium heat about 30 seconds until nicely coated.
- ☐ Pour into a heated bowl and serve.
- ☐ Photograph by David Malosh

Nutrition Facts



Properties

Glycemic Index:37.63, Glycemic Load:26.24, Inflammation Score:-7, Nutrition Score:25.417826040931%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg

Nutrients (% of daily need)

Calories: 520.24kcal (26.01%), Fat: 11.68g (17.97%), Saturated Fat: 2.18g (13.65%), Carbohydrates: 72.57g (24.19%), Net Carbohydrates: 68.03g (24.74%), Sugar: 3.88g (4.31%), Cholesterol: 192.41mg (64.14%), Sodium: 634.98mg (27.61%), Alcohol: 0.77g (100%), Alcohol %: 0.32% (100%), Protein: 29.44g (58.88%), Selenium: 128.22µg (183.17%), Copper: 1.64mg (82.17%), Manganese: 0.96mg (48.07%), Phosphorus: 409.11mg (40.91%), Zinc: 5.3mg (35.31%), Magnesium: 105.03mg (26.26%), Vitamin B12: 1.44µg (23.96%), Vitamin B5: 2.39mg (23.92%), Vitamin B6: 0.45mg (22.29%), Potassium: 772.54mg (22.07%), Vitamin B3: 4.16mg (20.82%), Fiber: 4.54g (18.16%), Vitamin K: 16.79µg (15.99%), Vitamin E: 2.35mg (15.64%), Vitamin B1: 0.23mg (15.4%), Folate: 56.99µg (14.25%), Vitamin C: 11.72mg (14.2%), Iron: 2.51mg (13.92%), Calcium: 130.99mg (13.1%), Vitamin A: 450.59IU (9.01%), Vitamin B2: 0.13mg (7.46%), Vitamin D: 0.26µg (1.7%)