



WHATSheATE



Lobster and Stone Crab Enchilado



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 0.3 teaspoon ground pepper
- ☐ 0.8 cup bottled clam juice
- ☐ 1 pound surimi crab sticks
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 garlic clove chopped
- ☐ 2 tablespoons bell pepper green chopped
- ☐ 1 tablespoon juice of lime fresh

- ☐ 2 lobster tail pieces frozen with shell intact thawed uncooked cut into thirds cut in half lengthwise, each half
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup onion chopped
- ☐ 0.3 teaspoon paprika
- ☐ 2 large plum tomatoes diced seeded
- ☐ 0.5 cup cooking sherry dry
- ☐ 0.5 cup canned tomatoes canned

Equipment

- ☐ bowl
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Place thawed lobster and fresh lime juice in medium bowl; toss to coat.
- ☐ Let stand 15 minutes, tossing lobster occasionally.
- ☐ Heat olive oil in heavy large pot over high heat.
- ☐ Add lobster pieces and any accumulated juices. Sauté until lobster shells turn bright orange, about 4 minutes. Using slotted spoon, return lobster to same bowl. Reduce heat to medium.
- ☐ Add chopped onion and chopped bell pepper to pot; sauté until soft, about 5 minutes.
- ☐ Add chopped garlic cloves, fresh parsley, and paprika and sauté 1 minute.
- ☐ Add diced tomatoes and tomato purée. Cook until juices thicken, stirring frequently, about 8 minutes.
- ☐ Add clam juice, dry Sherry, and bay leaf. Season to taste with salt.
- ☐ Add cayenne pepper. Bring mixture to boil, then add stone crab claws and reserved lobster with any accumulated juices. Reduce heat to medium-low, cover, and simmer until lobster meat is cooked through and tender, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:118.5, Glycemic Load:3.01, Inflammation Score:-9, Nutrition Score:30.370434906172%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

Nutrients (% of daily need)

Calories: 478.59kcal (23.93%), Fat: 28.44g (43.76%), Saturated Fat: 3.97g (24.81%), Carbohydrates: 23.08g (7.69%), Net Carbohydrates: 19.9g (7.24%), Sugar: 9.38g (10.43%), Cholesterol: 104.18mg (34.73%), Sodium: 1152.73mg (50.12%), Alcohol: 6.18g (100%), Alcohol %: 1.68% (100%), Protein: 23.66g (47.32%), Vitamin B12: 5.92µg (98.68%), Selenium: 62.27µg (88.96%), Copper: 1.59mg (79.26%), Vitamin K: 58.69µg (55.9%), Vitamin C: 37.98mg (46.03%), Zinc: 6.16mg (41.05%), Vitamin E: 5.85mg (38.99%), Phosphorus: 298.82mg (29.88%), Vitamin A: 1232.56IU (24.65%), Vitamin B6: 0.48mg (24.12%), Potassium: 786.36mg (22.47%), Manganese: 0.45mg (22.44%), Magnesium: 88.02mg (22%), Folate: 66.49µg (16.62%), Vitamin B3: 3.19mg (15.95%), Vitamin B5: 1.52mg (15.23%), Calcium: 136.44mg (13.64%), Fiber: 3.19g (12.75%), Iron: 2.26mg (12.57%), Vitamin B1: 0.16mg (10.39%), Vitamin B2: 0.12mg (6.94%)