



Lobster "Bouillabaisse"



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



192 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large baking potatoes peeled cut into 1/4-inch cubes (1 1/3 pounds)
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 8 servings pepper black freshly ground
- ☐ 2 tablespoons tarragon fresh minced
- ☐ 6 pound maine lobsters whole
- ☐ 2 tablespoons salt divided
- ☐ 7 cups shellfish stock
- ☐ 3 tablespoons tomato paste

- ☐ 5 cups water divided
- ☐ 1 cup white wine

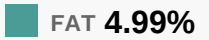
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ pot

Directions

- ☐ Bring 4 cups of water and 2 tablespoons salt to a boil in a 5-gallon stockpot.
- ☐ Place a vegetable steamer or rack in the bottom of the pot.
- ☐ Add lobsters; steam, covered, for 14 minutes or until done.
- ☐ Remove meat from cooked lobster claws.
- ☐ Cut each lobster tail in half, lengthwise; chill meat and tails.
- ☐ Place potatoes in a saucepan; cover with water. Bring to a boil; cook 5 minutes or until tender.
- ☐ Drain; set aside.
- ☐ Preheat oven to 30
- ☐ Combine remaining 1 cup water, stock, wine, and tomato paste in a large saucepan; bring to a boil. Cook over medium-high heat 30 minutes or until reduced to 5 cups. Stir in remaining 1/8 teaspoon salt and pepper.
- ☐ While stock reduces, place lobster and potato in a single layer on a baking sheet, keeping separate.
- ☐ Bake at 300 for 20 minutes or until thoroughly heated.
- ☐ Place half a lobster tail in each of 8 shallow soup bowls; place 1/2 cup potato and 1/4 cup chopped lobster in each bowl. Ladle about 2/3 cup stock mixture over each serving; sprinkle each serving with 3/4 teaspoon tarragon and black pepper.

Nutrition Facts

 **PROTEIN 43.08%**  **FAT 4.99%**  **CARBS 51.93%**

Properties

Glycemic Index:40.47, Glycemic Load:15.35, Inflammation Score:-6, Nutrition Score:18.26652152642%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 191.52kcal (9.58%), Fat: 0.95g (1.46%), Saturated Fat: 0.24g (1.48%), Carbohydrates: 22.18g (7.39%), Net Carbohydrates: 20.57g (7.48%), Sugar: 3.34g (3.71%), Cholesterol: 120.97mg (40.32%), Sodium: 3031.55mg (131.81%), Alcohol: 3.09g (100%), Alcohol %: 0.67% (100%), Protein: 18.4g (36.8%), Selenium: 61.39µg (87.7%), Copper: 1.44mg (72.09%), Zinc: 3.79mg (25.29%), Vitamin B6: 0.49mg (24.39%), Phosphorus: 220.16mg (22.02%), Manganese: 0.41mg (20.6%), Potassium: 712.29mg (20.35%), Vitamin B12: 1.19µg (19.84%), Magnesium: 70.75mg (17.69%), Vitamin B5: 1.68mg (16.82%), Vitamin B3: 2.85mg (14.23%), Calcium: 122.9mg (12.29%), Vitamin A: 608.43IU (12.17%), Iron: 1.89mg (10.52%), Vitamin C: 7.45mg (9.03%), Vitamin E: 1.1mg (7.32%), Folate: 28.28µg (7.07%), Vitamin B1: 0.1mg (6.96%), Fiber: 1.61g (6.43%), Vitamin B2: 0.08mg (4.77%), Vitamin K: 2.68µg (2.55%)