

# Lobster de Jonghe

READY IN



35 min.

SERVINGS



6

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup breadcrumbs
- 0.3 cup butter melted
- 2 tablespoons spring onion thinly sliced
- 1 tablespoon juice of lemon
- 24 ounces live maine lobsters cubed cooked
- 0.5 cup parmesan cheese grated

## Equipment

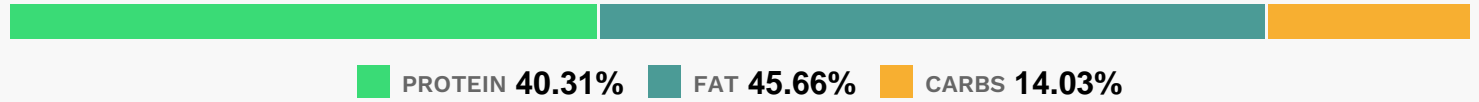
- bowl

- oven
- ramekin

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a small bowl, mix together bread crumbs, cheese, green onions, 1/4 cup melted margarine, and lemon juice. Set aside.
- Place lobster meat into 6 ramekins.
- Pour 1/2 cup melted butter or margarine over lobster, and top with bread crumb mixture.
- Bake for 25 minutes, or until topping is browned.

## Nutrition Facts



## Properties

Glycemic Index:13.67, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:16.9700001232%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 226.96kcal (11.35%), Fat: 11.34g (17.45%), Saturated Fat: 6.47g (40.43%), Carbohydrates: 7.84g (2.61%), Net Carbohydrates: 7.37g (2.68%), Sugar: 0.68g (0.75%), Cholesterol: 171.6mg (57.2%), Sodium: 752.55mg (32.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.53g (45.05%), Selenium: 77.41µg (110.59%), Copper: 1.56mg (77.9%), Zinc: 4.51mg (30.08%), Vitamin B12: 1.58µg (26.29%), Phosphorus: 253.46mg (25.35%), Calcium: 189.25mg (18.93%), Vitamin B5: 1.74mg (17.35%), Magnesium: 50.62mg (12.65%), Vitamin B3: 2.42mg (12.12%), Vitamin E: 1.27mg (8.47%), Manganese: 0.16mg (7.84%), Potassium: 270.13mg (7.72%), Vitamin B1: 0.11mg (7.61%), Vitamin B6: 0.14mg (6.91%), Vitamin A: 333.07IU (6.66%), Folate: 23.53µg (5.88%), Vitamin K: 5.54µg (5.27%), Vitamin B2: 0.09mg (5.06%), Iron: 0.8mg (4.45%), Fiber: 0.46g (1.86%), Vitamin C: 1.34mg (1.63%)