



Lobster in Puttanesca Sauce

READY IN



30 min.

SERVINGS



4

CALORIES



814 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 29 ounce tomatoes diced drained and rinsed canned
- ☐ 1 pound capellini pasta italian
- ☐ 2 tablespoons capers
- ☐ 0.7 cup chicken stock see
- ☐ 1 teaspoon basil dried
- ☐ 1 teaspoon parsley flakes dried
- ☐ 5 cloves garlic minced
- ☐ 10 kalamata olives

- ☐ 1 tablespoon kosher salt
- ☐ 1 pound lobster tail pieces cold either warm water or water
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 servings parmigiano-reggiano freshly grated
- ☐ 1 tablespoon freshly parsley leaves italian chopped
- ☐ 0.5 teaspoon pepper flakes dried red
- ☐ 2 small shallots diced finely
- ☐ 1 tablespoon butter unsalted
- ☐ 0.5 cup red wine italian

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of water to a boil over medium heat and season the water with salt.
- ☐ Cut the lobster tails lengthwise, remove the meat from the shells and chop into 1-inch pieces. Pit and chop kalamata olives and rinse the capers. Set aside.
- ☐ Heat a large saute pan over medium-low heat.
- ☐ Add the olive oil and heat through.
- ☐ Add the shallots and cook until soft, about 3 to 4 minutes. Stir in the garlic and red pepper flakes and saute for an additional 30 seconds; do not brown the garlic.
- ☐ Add the tomatoes, wine, chicken stock, basil and parsley. Simmer for 15 to 20 minutes.
- ☐ Add the capellini to the boiling water.
- ☐ Stir the chopped lobster meat, capers, kalamata olives, butter, and pepper, to taste, to the tomato mixture. Cover the pan and simmer the sauce until the lobster meat is cooked, about 5 to 7 minutes. When the pasta is cooked, drain and add to a serving bowl.
- ☐ Pour the sauce over the pasta and toss.
- ☐ Sprinkle with grated Parmigiano-Reggiano and the chopped parsley and serve.

Nutrition Facts

 PROTEIN 17.27%  FAT 32.21%  CARBS 50.52%

Properties

Glycemic Index:52, Glycemic Load:35.3, Inflammation Score:-8, Nutrition Score:30.613912815633%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 3.35mg, Apigenin: 3.35mg, Apigenin: 3.35mg, Apigenin: 3.35mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 5.33mg, Kaempferol: 5.33mg, Kaempferol: 5.33mg, Kaempferol: 5.33mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 8.31mg, Quercetin: 8.31mg, Quercetin: 8.31mg, Quercetin: 8.31mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 814.01kcal (40.7%), Fat: 28.44g (43.75%), Saturated Fat: 9.35g (58.46%), Carbohydrates: 100.36g (33.45%), Net Carbohydrates: 93.5g (34%), Sugar: 10.1g (11.23%), Cholesterol: 69.45mg (23.15%), Sodium: 2992.67mg (130.12%), Alcohol: 3.18g (100%), Alcohol %: 0.8% (100%), Protein: 34.31g (68.61%), Selenium: 100.68µg (143.84%), Manganese: 1.41mg (70.7%), Phosphorus: 547.55mg (54.76%), Calcium: 501.8mg (50.18%), Copper: 0.99mg (49.71%), Vitamin K: 37.9µg (36.09%), Magnesium: 122.19mg (30.55%), Vitamin B6: 0.59mg (29.74%), Vitamin E: 4.46mg (29.73%), Vitamin C: 22.9mg (27.76%), Fiber: 6.87g (27.47%), Zinc: 4.09mg (27.27%), Iron: 4.78mg (26.58%), Potassium: 893.4mg (25.53%), Vitamin B3: 4.84mg (24.19%), Vitamin B2: 0.35mg (20.57%), Vitamin B1: 0.25mg (16.53%), Vitamin A: 772.22IU (15.44%), Vitamin B5: 1.41mg (14.12%), Folate: 52.54µg (13.14%), Vitamin B12: 0.76µg (12.71%), Vitamin D: 0.2µg (1.35%)