



Lobster Mac and Cheese

READY IN



85 min.

SERVINGS



8

CALORIES



1068 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 cups bread crumbs fresh white (5 slices, crusts removed)
- ☐ 2 cups cheddar extra-sharp grated
- ☐ 1 pound elbow macaroni
- ☐ 0.5 cup flour all-purpose
- ☐ 4 cups gruyère cheese grated
- ☐ 8 servings kosher salt
- ☐ 1.5 pounds live maine lobsters cooked
- ☐ 1 quart milk

- ☐ 0.5 teaspoon nutmeg
- ☐ 8 tablespoons butter unsalted divided (1 stick)
- ☐ 8 servings vegetable oil

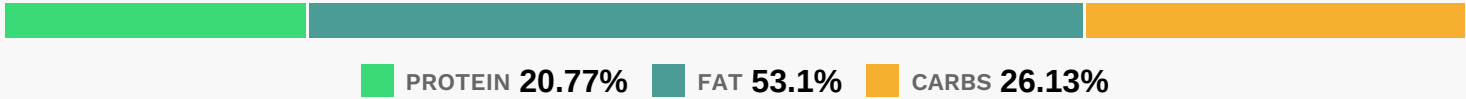
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 375 degrees F.
- ☐ Drizzle oil into a large pot of boiling salted water.
- ☐ Add the pasta and cook according to the directions on the package, 6 to 8 minutes.
- ☐ Drain well.
- ☐ Meanwhile, heat the milk in a small saucepan, but don't boil it. In a large pot, melt 6 tablespoons of butter and add the flour. Cook over low heat for 2 minutes, stirring with a whisk. Still whisking, add the hot milk and cook for a minute or two more, until thickened and smooth. Off the heat, add the Gruyere, Cheddar, 1 tablespoon salt, the pepper, and nutmeg.
- ☐ Add the cooked macaroni and lobster and stir well.
- ☐ Place the mixture in 6 to 8 individual gratin dishes.
- ☐ Melt the remaining 2 tablespoons of butter, combine them with the fresh bread crumbs, and sprinkle on the top.
- ☐ Bake for 30 to 35 minutes, or until the sauce is bubbly and the macaroni is browned on the top.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:6.64, Inflammation Score:-8, Nutrition Score:35.941739455513%

Nutrients (% of daily need)

Calories: 1068.19kcal (53.41%), Fat: 62.76g (96.55%), Saturated Fat: 30.03g (187.66%), Carbohydrates: 69.48g (23.16%), Net Carbohydrates: 66.48g (24.18%), Sugar: 8.86g (9.84%), Cholesterol: 253.16mg (84.39%), Sodium: 1407.87mg (61.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.22g (110.45%), Selenium: 117.64µg (168.05%), Calcium: 1137.67mg (113.77%), Phosphorus: 937.93mg (93.79%), Copper: 1.41mg (70.55%), Zinc: 8.26mg (55.09%), Vitamin B12: 3.15µg (52.53%), Manganese: 0.85mg (42.32%), Vitamin B2: 0.64mg (37.83%), Magnesium: 119.11mg (29.78%), Vitamin K: 31.16µg (29.68%), Vitamin B1: 0.44mg (29.37%), Vitamin A: 1454.45IU (29.09%), Vitamin B5: 2.57mg (25.69%), Vitamin B3: 4.34mg (21.7%), Vitamin E: 2.75mg (18.34%), Potassium: 602.74mg (17.22%), Vitamin B6: 0.34mg (17.15%), Folate: 67.74µg (16.94%), Vitamin D: 2.08µg (13.84%), Iron: 2.48mg (13.77%), Fiber: 2.99g (11.98%)