



Lobster Mac & Cheese

READY IN



70 min.

SERVINGS



8

CALORIES



878 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)
- ☐ 8 ounces cheddar extra-sharp grated
- ☐ 1 pound elbow macaroni
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 12 ounces gruyère cheese grated
- ☐ 8 servings kosher salt
- ☐ 1.5 pounds live maine lobsters cooked

- ☐ 8 tablespoons butter unsalted divided (1 stick)
- ☐ 2 tablespoons vegetable oil
- ☐ 1 quart milk whole

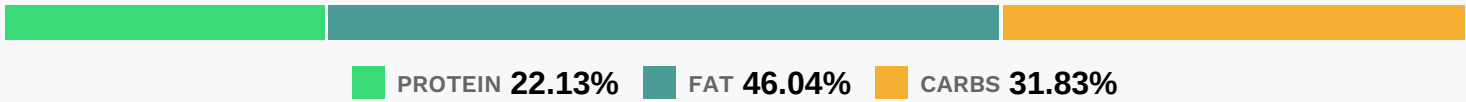
Equipment

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

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Add the oil to a large pot of boiling salted water, add the pasta and cook al dente according to the directions on the package.
- ☐ Drain well.
- ☐ Heat the milk in a small saucepan, but don't allow it to boil. In a large pot, melt 6 tablespoons of the butter and add the flour. Cook over low heat for 2 minutes, stirring constantly with a whisk. Still whisking, add the hot milk and cook for 1 to 2 minutes, until thickened and smooth. Off the heat, add the Gruyere, Cheddar, 1 tablespoon salt, the pepper and nutmeg and stir until the cheese melts. Stir in the cooked pasta and lobster. Pile the mixture into 6 to 8 (2-cup) gratin dishes. Melt the remaining 2 tablespoons of butter, combine with the bread crumbs and sprinkle on top.
- ☐ Bake for 30 to 35 minutes, until the sauce is bubbly and the pasta is browned on top.
- ☐ Photographs by Steve Giralt

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:6.64, Inflammation Score:-8, Nutrition Score:32.53782587466%

Nutrients (% of daily need)

Calories: 877.94kcal (43.9%), Fat: 44.61g (68.63%), Saturated Fat: 23.99g (149.95%), Carbohydrates: 69.39g (23.13%), Net Carbohydrates: 66.4g (24.15%), Sugar: 8.77g (9.75%), Cholesterol: 227.43mg (75.81%), Sodium: 1240.9mg (53.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.25g (96.5%), Selenium: 114.26µg (163.23%), Calcium: 901.27mg (90.13%), Phosphorus: 796.35mg (79.64%), Copper: 1.4mg (70.18%), Zinc: 7.35mg (49.01%), Vitamin B12: 2.78µg (46.29%), Manganese: 0.84mg (42.12%), Vitamin B2: 0.58mg (34.01%), Vitamin B1: 0.43mg (28.43%), Magnesium: 110.68mg (27.67%), Vitamin A: 1232.9IU (24.66%), Vitamin B5: 2.44mg (24.37%), Vitamin B3: 4.31mg (21.57%), Potassium: 583.8mg (16.68%), Folate: 65.42µg (16.35%), Vitamin B6: 0.32mg (16.2%), Iron: 2.44mg (13.54%), Vitamin D: 1.94µg (12.91%), Vitamin E: 1.82mg (12.12%), Fiber: 2.99g (11.98%), Vitamin K: 11.04µg (10.51%)