






 **15%**
HEALTH SCORE

Lobster Macaroni and Cheese

READY IN

45 min.

SERVINGS

6

CALORIES

995 kcal

- SIDE DISH
- LUNCH
- MAIN COURSE
- MAIN DISH

Ingredients

- 3 cups .5 oz. macaroni uncooked
- 3 cups .5 oz. macaroni uncooked
- 12 ounces lobster tail pieces fully cooked
- 0.3 cup butter
- 0.3 cup flour
- 2 cups milk room temperature
- 4 cups cheese shredded white
- 0.3 cup truffle oil white (optional - but why the hell not?)
- 0.5 cup breadcrumbs fresh

0.5 cup parmesan cheese grated

Equipment

sauce pan

whisk

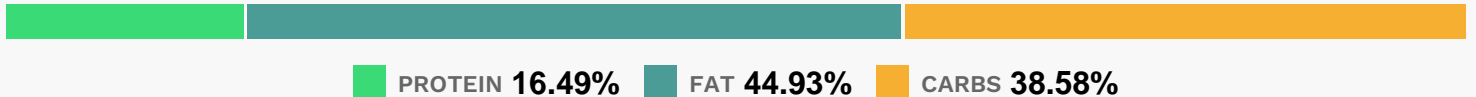
Directions

Cook the macaroni according to package directions; drain. Start the cheese sauce by making a roux: Melt the butter in a heavy-bottomed saucepan over medium-low heat. When melted and foamy, add the flour and whisk together to form a paste.

Add 1 cup of milk; continue to whisk until mixture is blended and creamy. Start adding the cheese 1 cup at a time, stirring constantly. As the cheese melts, continue to add remaining milk and cheese in 1-cup increments. If the cheese sauce seems too thick for your liking, you can add in more milk as desired – just use small increments and keep stirring.

Add the white truffle oil once all the cheese and milk have been incorporated. Once the cheese sauce is fully melted

Nutrition Facts



Properties

Glycemic Index:31.67, Glycemic Load:4.82, Inflammation Score:-7, Nutrition Score:27.641739130435%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 994.9kcal (49.75%), Fat: 49.45g (76.08%), Saturated Fat: 23.81g (148.8%), Carbohydrates: 95.53g (31.84%), Net Carbohydrates: 91.63g (33.32%), Sugar: 7.55g (8.39%), Cholesterol: 132.84mg (44.28%), Sodium: 869.86mg (37.82%), Protein: 40.82g (81.64%), Selenium: 106.37µg (151.95%), Calcium: 761.31mg (76.13%), Phosphorus: 726.76mg (72.68%), Manganese: 1.11mg (55.39%), Zinc: 5.68mg (37.84%), Vitamin B2: 0.6mg (35.51%), Copper: 0.58mg (28.85%), Vitamin B12: 1.6µg (26.6%), Magnesium: 99.9mg (24.98%), Vitamin A: 1195.68IU (23.91%), Vitamin B1: 0.3mg (19.71%), Vitamin E: 2.43mg (16.18%), Fiber: 3.91g (15.62%), Vitamin B3: 3.08mg (15.39%), Vitamin B6: 0.29mg (14.37%), Vitamin B5: 1.41mg (14.07%), Folate: 56.25µg (14.06%), Potassium: 486.81mg (13.91%), Iron:

2.29mg (12.74%), Vitamin D: 1.39 μ g (9.26%), Vitamin K: 8.99 μ g (8.56%)