



Lobster Macaroni and Cheese

READY IN



80 min.

SERVINGS



8

CALORIES



970 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 8 servings pepper black freshly ground
- ☐ 4 tablespoons butter for greasing dish
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 5 tablespoons flour all-purpose
- ☐ 2 cloves garlic chopped
- ☐ 2 cups gruyere cheese shredded
- ☐ 4 cups heavy cream
- ☐ 8 servings kosher salt

- ☐ 16 ounce lobster tail pieces raw frozen chopped
- ☐ 0.3 cup panko bread crumbs
- ☐ 0.3 cup freshly parsley leaves chopped
- ☐ 1 pound penne pasta
- ☐ 2 small shallots finely chopped
- ☐ 2 cups sharp cheddar shredded white
- ☐ 0.5 teaspoon paprika sweet
- ☐ 2 tablespoons tomato paste
- ☐ 0.3 cup white wine

Equipment

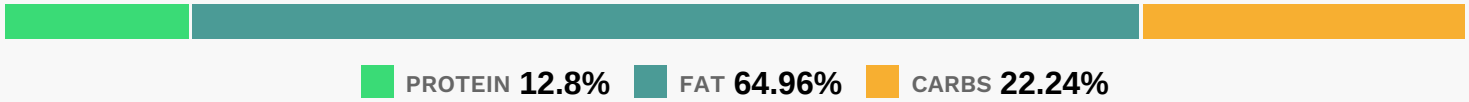
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F and adjust racks to the middle. Grease a 13 by 9-inch baking dish with butter.
- ☐ In a large pot of boiling salted water over medium heat, add the pasta and cook until al dente.
- ☐ Drain the pasta and reserve.
- ☐ Add 4 tablespoons butter to a large pot over medium heat. Once the butter shimmers, add the shallots and garlic and saute until translucent. Season with salt and pepper, to taste.
- ☐ Add the tomato paste and flour and stir to toast, about 3 to 4 minutes.
- ☐ Add the white wine and reduce, by half, about 2 minutes. Slowly add the cream, whisking well to remove any lumps.
- ☐ Add the paprika, cayenne, and bay leaf. Bring the cream up to a simmer and turn the heat to low.

- ☐ Let reduce until the cream is thick and can coat a spoon, about 5 to 10 minutes. When thickened, remove the bay leaves.
- ☐ Stir in the grated cheeses, a handful at a time, combining well after each addition.
- ☐ Add the chopped lobster meat to the sauce and stir well.
- ☐ Add the pasta and stir.
- ☐ Add to the greased baking dish and sprinkle with the panko crumbs and parsley.
- ☐ Bake for 25 minutes.
- ☐ Remove from the oven and let rest for 10 minutes before serving.
- ☐ Sprinkle individual servings with parsley.

Nutrition Facts



Properties

Glycemic Index:53.13, Glycemic Load:20.46, Inflammation Score:-9, Nutrition Score:25.174348001895%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 969.95kcal (48.5%), Fat: 70.1g (107.84%), Saturated Fat: 42.86g (267.87%), Carbohydrates: 54g (18%), Net Carbohydrates: 51.44g (18.71%), Sugar: 6.43g (7.14%), Cholesterol: 234.23mg (78.08%), Sodium: 809.71mg (35.2%), Alcohol: 0.77g (100%), Alcohol %: 0.34% (100%), Protein: 31.08g (62.16%), Selenium: 64.83µg (92.62%), Calcium: 652.04mg (65.2%), Vitamin A: 2828.93IU (56.58%), Phosphorus: 552.02mg (55.2%), Vitamin K: 37.67µg (35.88%), Manganese: 0.66mg (32.99%), Vitamin B2: 0.52mg (30.78%), Zinc: 4.13mg (27.55%), Copper: 0.45mg (22.53%), Vitamin B12: 1.23µg (20.58%), Magnesium: 71.27mg (17.82%), Vitamin D: 2.27µg (15.14%), Vitamin E: 2.01mg (13.41%), Vitamin B6: 0.24mg (11.95%), Potassium: 415.79mg (11.88%), Vitamin B5: 1.16mg (11.62%), Vitamin B1: 0.17mg (11.44%), Folate: 42.3µg (10.57%), Fiber: 2.56g (10.22%), Vitamin B3: 1.94mg (9.7%), Iron: 1.7mg (9.44%), Vitamin C: 4.87mg (5.91%)