



Lobster Mashed Potatoes

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



431 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.5 cup cup heavy whipping cream as needed
- ☐ 2 pound pd of lobster
- ☐ 0.3 teaspoon paprika
- ☐ 2 pounds russet potatoes peeled cut into 2-inch pieces
- ☐ 1 teaspoon salt
- ☐ 4 servings water

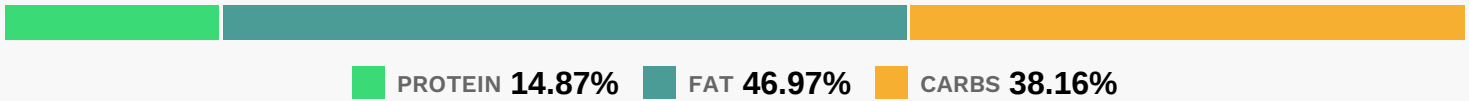
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat an oven to 200 degrees F (95 degrees C).
- ☐ Combine the water with 2 tablespoons salt in a large pot; bring to a boil
- ☐ Plunge lobster into boiling water, cover the pot, and return the water to a boil. Reduce heat to medium-low and cook at a simmer until the lobster becomes bright red, about 10 minutes.
- ☐ Remove the lobster from the water and set aside to cool.
- ☐ When cool enough to handle, clean lobster and pull out tail meat, reserving the tail shell. Crack claws and remove the meat.
- ☐ Chop the tail meat coarsely and reserve with the intact claw meat in a covered dish; keep warm in the preheated oven.
- ☐ Put about 1 inch of water in the bottom of a saucepan with 1 teaspoon salt; bring to boil.
- ☐ Add potatoes to the boiling water; top with intact lobster tail shell.
- ☐ Cover the saucepan and return the water to a boil. Reduce heat to medium low and cook at a simmer until the potatoes are easily pierced with a fork, 20 to 30 minutes.
- ☐ Remove lobster shell and discard.
- ☐ Drain the water from the saucepan.
- ☐ Reduce the heat to low. Gently shake the pan over low heat to dry the potatoes.
- ☐ Add the butter to the potatoes and mash until no lumps remain.
- ☐ Add cream until you get your preferred consistency
- ☐ Fold in reserved chopped lobster meat.
- ☐ Sprinkle with paprika to serve.

Nutrition Facts



Properties

Glycemic Index:37.44, Glycemic Load:32.24, Inflammation Score:-7, Nutrition Score:19.263912864353%

Nutrients (% of daily need)

Calories: 431.29kcal (21.56%), Fat: 22.92g (35.26%), Saturated Fat: 14.31g (89.45%), Carbohydrates: 41.9g (13.97%), Net Carbohydrates: 38.91g (14.15%), Sugar: 2.3g (2.55%), Cholesterol: 144.77mg (48.26%), Sodium: 972.5mg (42.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.33g (32.65%), Selenium: 42.34µg (60.48%), Copper: 1.13mg (56.64%), Vitamin B6: 0.86mg (43.1%), Potassium: 1107.38mg (31.64%), Phosphorus: 248.03mg (24.8%), Magnesium: 81.26mg (20.32%), Zinc: 3.01mg (20.09%), Manganese: 0.4mg (19.77%), Vitamin A: 858.25IU (17.16%), Vitamin B3: 3.4mg (16.98%), Vitamin B5: 1.7mg (16.97%), Vitamin C: 13.11mg (15.89%), Vitamin B12: 0.87µg (14.43%), Vitamin B1: 0.21mg (13.72%), Iron: 2.18mg (12.11%), Fiber: 2.99g (11.97%), Calcium: 113.61mg (11.36%), Folate: 39.78µg (9.94%), Vitamin B2: 0.15mg (8.59%), Vitamin E: 1.21mg (8.1%), Vitamin K: 6.13µg (5.84%), Vitamin D: 0.48µg (3.17%)