



Lobster Mornay Sauce

READY IN



30 min.

SERVINGS



4

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 1 cup chicken broth
- 0.3 cup flour all-purpose
- 1 cup mushrooms fresh sliced
- 1 cup heavy cream
- 1 pound live maine lobsters diced
- 0.5 cup parmesan cheese freshly grated
- 0.5 teaspoon pepper

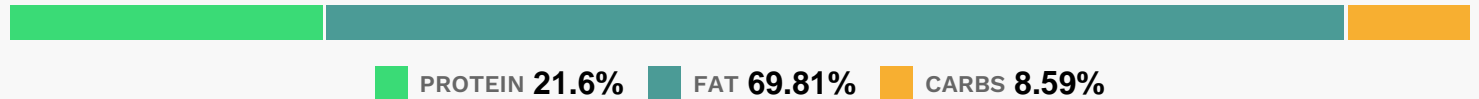
Equipment

- frying pan
- sauce pan

Directions

- Melt the butter in a medium saucepan over medium heat. Slowly cook and stir mushrooms in the butter until tender.
- Mix in lobster meat. Cook until opaque.
- Remove mushrooms and lobster from saucepan and set aside.
- Reduce heat to low.
- Place flour in pan. Cook and stir approximately 2 minutes, then stir in chicken broth, heavy cream and pepper. Simmer 5 to 10 minutes, or until thickened.
- Stir mushrooms, lobster and Parmesan cheese into the sauce mixture. Continue cooking 5 minutes.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:4.52, Inflammation Score:-7, Nutrition Score:20.971304458121%

Nutrients (% of daily need)

Calories: 481.84kcal (24.09%), Fat: 37.63g (57.89%), Saturated Fat: 23.16g (144.72%), Carbohydrates: 10.41g (3.47%), Net Carbohydrates: 9.9g (3.6%), Sugar: 2.51g (2.78%), Cholesterol: 253.8mg (84.6%), Sodium: 1025.08mg (44.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.19g (52.39%), Selenium: 83.55µg (119.36%), Copper: 1.64mg (82.05%), Phosphorus: 331.56mg (33.16%), Zinc: 4.92mg (32.82%), Vitamin B12: 1.73µg (28.78%), Vitamin A: 1344.4IU (26.89%), Calcium: 253.78mg (25.38%), Vitamin B5: 2.25mg (22.53%), Vitamin B2: 0.35mg (20.35%), Vitamin B3: 3.32mg (16.59%), Magnesium: 56.81mg (14.2%), Vitamin E: 1.96mg (13.07%), Potassium: 408.3mg (11.67%), Manganese: 0.2mg (9.91%), Vitamin B6: 0.18mg (8.92%), Vitamin B1: 0.13mg (8.8%), Folate: 33.31µg (8.33%), Vitamin D: 1.06µg (7.08%), Iron: 0.96mg (5.34%), Vitamin K: 3.54µg (3.37%), Fiber: 0.51g (2.06%), Vitamin C: 0.86mg (1.04%)