



Lobster Newburg

READY IN



45 min.

SERVINGS



4

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 1.5 tablespoons cooking sherry dry
- 1.5 tablespoons flour all-purpose
- 2 teaspoons chives fresh chopped
- 1 garlic clove minced
- 2 teaspoons juice of lemon fresh
- 1 cup live maine lobsters cooked chopped
- 1.3 cups milk 1% low-fat
- 0.3 cup onion finely chopped

- 0.1 teaspoon paprika
- 0.3 teaspoon salt
- 10 ounce sourdough rolls
- 3 tablespoons water

Equipment

- frying pan
- baking sheet
- oven
- whisk

Directions

- Preheat oven to 375
- Hollow out each roll, leaving about a 1/4-inch-thick shell; reserve torn bread for another use.
- Place hollowed bread shells on a baking sheet.
- Bake at 375 for 7 minutes or until lightly toasted.
- Remove the bread shells from oven; set aside.
- Melt butter in a nonstick skillet over medium heat.
- Add onion and garlic; cook 2 minutes or until tender, stirring frequently.
- Add water and sherry, and cook 1 minute.
- Sprinkle flour over onion mixture; cook 1 minute, stirring constantly. Gradually add milk, stirring constantly with a whisk; bring to a boil. Reduce heat, and simmer 3 minutes or until thick, stirring constantly.
- Add cream cheese; stir with a whisk until cheese melts. Stir in lobster, juice, salt, and paprika. Spoon 1/2 cup lobster mixture into each bread shell; sprinkle each serving with 1/2 teaspoon chives.
- Serve immediately.

Nutrition Facts



■ PROTEIN 25.16% ■ FAT 19.44% ■ CARBS 55.4%

Properties

Glycemic Index:82.5, Glycemic Load:24.78, Inflammation Score:-4, Nutrition Score:13.776521734569%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 296.13kcal (14.81%), Fat: 6.24g (9.6%), Saturated Fat: 2.34g (14.61%), Carbohydrates: 39.99g (13.33%), Net Carbohydrates: 38.63g (14.05%), Sugar: 8.56g (9.51%), Cholesterol: 86.33mg (28.78%), Sodium: 740.31mg (32.19%), Alcohol: 0.58g (100%), Alcohol %: 0.3% (100%), Protein: 18.17g (36.33%), Iron: 10.99mg (61.05%), Selenium: 40.33µg (57.61%), Copper: 0.81mg (40.63%), Vitamin B12: 1.2µg (19.92%), Phosphorus: 180.81mg (18.08%), Zinc: 2.47mg (16.46%), Calcium: 155.59mg (15.56%), Vitamin B5: 1.17mg (11.65%), Magnesium: 34.35mg (8.59%), Vitamin B2: 0.13mg (7.81%), Potassium: 266.52mg (7.61%), Vitamin B6: 0.13mg (6.72%), Vitamin B3: 1.23mg (6.13%), Vitamin A: 287.35IU (5.75%), Vitamin B1: 0.08mg (5.58%), Fiber: 1.37g (5.47%), Vitamin D: 0.81µg (5.41%), Manganese: 0.09mg (4.5%), Vitamin E: 0.64mg (4.25%), Folate: 15.68µg (3.92%), Vitamin C: 2.23mg (2.71%), Vitamin K: 1.52µg (1.45%)