



Lobster Newburg

READY IN



45 min.

SERVINGS



6

CALORIES



201 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter
- ☐ 2 tablespoons cognac
- ☐ 3 egg yolk well beaten
- ☐ 1 teaspoon bell pepper green finely chopped
- ☐ 0.5 teaspoon nutmeg
- ☐ 2 cups pd of lobster cooked coarsely chopped
- ☐ 0.1 teaspoon bell pepper red
- ☐ 6 servings salt to taste
- ☐ 6 shells

- ☐ 2 tablespoons cooking sherry
- ☐ 0.5 cup whipping cream

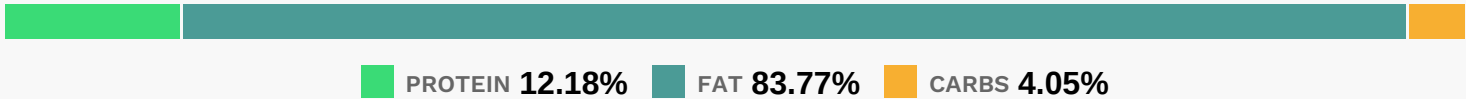
Equipment

- ☐ frying pan

Directions

- ☐ Saut green pepper in butter in a large skillet 3 minutes. Stir in lobster, sherry, and cognac; cook 1 minute over medium heat.
- ☐ Add whipping cream; remove from heat. Gradually stir in yolks, nutmeg, pepper, and salt. Cook over low heat 2 minutes or until mixture is slightly thickened. Spoon evenly into patty shells.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:0.36, Inflammation Score:-4, Nutrition Score:5.6878260931243%

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 Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 200.9kcal (10.04%), Fat: 17.45g (26.85%), Saturated Fat: 10.37g (64.8%), Carbohydrates: 1.9g (0.63%), Net Carbohydrates: 1.81g (0.66%), Sugar: 0.78g (0.87%), Cholesterol: 166.74mg (55.58%), Sodium: 353.92mg (15.39%), Alcohol: 2.18g (100%), Alcohol %: 3.85% (100%), Protein: 5.71g (11.42%), Selenium: 19.79µg (28.26%), Copper: 0.3mg (15.01%), Vitamin A: 664.96IU (13.3%), Phosphorus: 86.37mg (8.64%), Vitamin B12: 0.49µg (8.12%), Zinc: 1.04mg (6.9%), Vitamin B5: 0.64mg (6.43%), Vitamin E: 0.82mg (5.49%), Vitamin B2: 0.09mg (5.47%), Vitamin D: 0.8µg (5.36%), Calcium: 45.86mg (4.59%), Folate: 16.81µg (4.2%), Vitamin B6: 0.07mg (3.35%), Magnesium: 11.48mg (2.87%), Potassium: 81.27mg (2.32%), Iron: 0.36mg (2%), Manganese: 0.04mg (1.97%), Vitamin B3: 0.38mg (1.92%),

Vitamin B1: 0.03mg (1.8%), Vitamin K: 1.45µg (1.38%), Vitamin C: 0.92mg (1.11%)