

Lobster Newburg

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 1 pinch cayenne pepper
- 2 tablespoons cooking sherry dry
- 2 egg yolks beaten
- 1 pinch ground nutmeg
- 0.5 cup heavy cream
- 0.8 pound live maine lobsters cooked
- 0.5 teaspoon salt

Equipment

- bowl
- frying pan
- sauce pan
- whisk

Directions

- In a small bowl, whisk together egg yolks and heavy cream until well blended. Set aside. Melt butter in a saucepan over low heat. Stir in the egg yolk mixture and sherry. Cook, stirring constantly until the mixture thickens. Do not boil.
- Remove from heat, and season with salt, cayenne, and nutmeg.
- Add lobster. Return pan to low heat, and cook gently until heated through.
- Serve hot over slices of buttered toast.

Nutrition Facts

PROTEIN 21.97% **FAT 75.85%** **CARBS 2.18%**

Properties

Glycemic Index:29.25, Glycemic Load:0.08, Inflammation Score:-6, Nutrition Score:14.178260720942%

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

Nutrients (% of daily need)

Calories: 305.17kcal (15.26%), Fat: 25.28g (38.89%), Saturated Fat: 10.29g (64.32%), Carbohydrates: 1.63g (0.54%), Net Carbohydrates: 1.57g (0.57%), Sugar: 1.06g (1.18%), Cholesterol: 238.83mg (79.61%), Sodium: 797mg (34.65%), Alcohol: 0.77g (100%), Alcohol %: 0.67% (100%), Protein: 16.48g (32.95%), Selenium: 60.04µg (85.77%), Copper: 1.16mg (58.03%), Zinc: 3.3mg (21.98%), Vitamin A: 1088.65IU (21.77%), Vitamin B12: 1.3µg (21.67%), Phosphorus: 194.5mg (19.45%), Vitamin B5: 1.59mg (15.93%), Vitamin E: 1.69mg (11.29%), Calcium: 108.29mg (10.83%), Magnesium: 36.53mg (9.13%), Vitamin B2: 0.12mg (7.18%), Vitamin B3: 1.39mg (6.96%), Vitamin B6: 0.14mg (6.82%), Vitamin D: 0.96µg (6.41%), Potassium: 220.89mg (6.31%), Folate: 23.27µg (5.82%), Manganese: 0.07mg (3.51%),

Iron: 0.53mg (2.94%), Vitamin B1: 0.04mg (2.77%), Vitamin K: 1.07µg (1.01%)