



Lobster Newburg In Patty Shells

READY IN



45 min.

SERVINGS



10

CALORIES



216 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter
- ☐ 4 egg yolks beaten
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 3 cups pd of lobster cooked chopped
- ☐ 0.8 teaspoon paprika
- ☐ 0.3 teaspoon salt
- ☐ 10 baked commercial patty shells
- ☐ 3 tablespoons cooking sherry

☐ 1.5 cups whipping cream

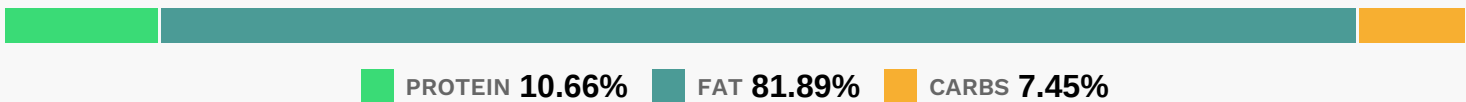
Equipment

☐ double boiler

Directions

- ☐ Melt butter in top of a double boiler over simmering water; add flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add whipping cream; cook over boiling water, stirring constantly, until mixture thickens. Stir in salt, paprika, and nutmeg.
- ☐ Stir a small amount of hot mixture into yolks; return yolk mixture to remaining hot mixture. Continue to cook over boiling water until mixture is thickened and bubbly. Stir in lobster and sherry. Spoon evenly into patty shells.

Nutrition Facts



Properties

Glycemic Index:21.7, Glycemic Load:1.57, Inflammation Score:-5, Nutrition Score:5.9913043418656%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 216.26kcal (10.81%), Fat: 19.58g (30.12%), Saturated Fat: 9.9g (61.89%), Carbohydrates: 4.01g (1.34%), Net Carbohydrates: 3.85g (1.4%), Sugar: 1.19g (1.32%), Cholesterol: 142.21mg (47.4%), Sodium: 205.49mg (8.93%), Alcohol: 0.46g (100%), Alcohol %: 0.78% (100%), Protein: 5.74g (11.47%), Selenium: 18.59µg (26.55%), Vitamin A: 906.3IU (18.13%), Copper: 0.27mg (13.68%), Phosphorus: 86.36mg (8.64%), Vitamin B12: 0.44µg (7.34%), Vitamin B2: 0.12mg (7.3%), Zinc: 0.96mg (6.43%), Vitamin D: 0.96µg (6.4%), Vitamin B5: 0.61mg (6.06%), Vitamin E: 0.9mg (6.01%), Calcium: 51.92mg (5.19%), Folate: 18.35µg (4.59%), Vitamin B6: 0.07mg (3.3%), Magnesium: 12.08mg (3.02%), Vitamin B1: 0.04mg (2.91%), Potassium: 93.55mg (2.67%), Vitamin B3: 0.5mg (2.49%), Iron: 0.44mg (2.47%), Manganese: 0.05mg (2.44%), Vitamin K: 1.34µg (1.28%)