

Lobster Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



701 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon butter
- 28 ounce canned tomatoes diced canned
- 1 bunch parsley fresh chopped
- 1 clove garlic minced
- 1 tablespoon ground cinnamon
- 1 teaspoon ground pepper black
- 1 cup heavy cream
- 2 pound pd of lobster fresh
- 4 tablespoons olive oil

- 1 large onion chopped
- 4 teaspoons salt
- 8 ounce pasta like spaghetti dried

Equipment

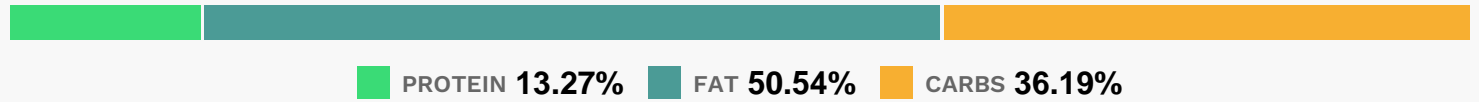
- frying pan
- knife
- pot
- cutting board

Directions

- Bring a large pot of water to a boil.
- Add the lobster and cook for 6 to 8 minutes, until bright red.
- As soon as the lobster starts cooking, melt 3 tablespoons of butter in a large skillet over medium heat.
- Add the onion and 3 cloves of garlic. Cook and stir just to release the liquid. Do not let them brown.
- When the lobster comes out of the pot, place it on a cutting board and use a big knife to cut it in half lengthwise.
- Place the halves meaty side down into the skillet with the onion and garlic. Cook for about 3 minutes.
- Bring another pot of water to a boil and season with a little salt.
- Add the spaghetti and cook for 8 minutes, or until tender. If you want to save time and a pot, you could boil the pasta in the lobster water since it is already boiling, just add salt.
- Add the tomatoes to the skillet and turn the heat up to high to bring to a boil.
- Add the olive oil, salt, pepper and cinnamon. Cook, stirring constantly for 5 to 7 minutes. Slowly pour in the cream, stirring constantly. The sauce will become a nice pink color. Turn the heat down to medium-low. Keep warm, stirring occasionally until the pasta is done.
- Drain the spaghetti and place on a large serving plate. Stir in the remaining butter and garlic.
- Pour the tomato sauce over the spaghetti and arrange the two lobster halves in the center.

Sprinkle all over with parsley and serve.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:22.16, Inflammation Score:-9, Nutrition Score:35.927826155787%

Flavonoids

Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 2.14mg, Myricetin: 2.14mg, Myricetin: 2.14mg, Myricetin: 2.14mg Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg

Nutrients (% of daily need)

Calories: 701.35kcal (35.07%), Fat: 40.4g (62.16%), Saturated Fat: 17.82g (111.35%), Carbohydrates: 65.08g (21.69%), Net Carbohydrates: 57.18g (20.79%), Sugar: 13.75g (15.28%), Cholesterol: 155.41mg (51.8%), Sodium: 2908.21mg (126.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.87g (47.75%), Vitamin K: 256.46µg (244.24%), Selenium: 79.63µg (113.76%), Copper: 1.44mg (72.18%), Manganese: 1.42mg (71.1%), Vitamin A: 2601.19IU (52.02%), Vitamin C: 40.65mg (49.27%), Vitamin E: 5.91mg (39.38%), Phosphorus: 330.61mg (33.06%), Fiber: 7.9g (31.59%), Potassium: 1044.85mg (29.85%), Magnesium: 111.28mg (27.82%), Iron: 4.83mg (26.84%), Vitamin B6: 0.54mg (26.84%), Zinc: 4mg (26.64%), Vitamin B3: 4.71mg (23.53%), Calcium: 226.31mg (22.63%), Vitamin B5: 1.99mg (19.94%), Folate: 73.85µg (18.46%), Vitamin B1: 0.26mg (17.11%), Vitamin B2: 0.29mg (16.81%), Vitamin B12: 0.89µg (14.92%), Vitamin D: 0.95µg (6.35%)