



Lobster Pasta with Herbed Cream Sauce

READY IN



45 min.

SERVINGS



10

CALORIES



852 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup wine dry white
- ☐ 1.5 pounds fettuccine barilla
- ☐ 2 garlic clove sliced
- ☐ 5.3 pound pd of lobster
- ☐ 3 tablespoons olive oil
- ☐ 2 parsley fresh italian
- ☐ 2 large plum tomatoes chopped
- ☐ 2 tarragon fresh
- ☐ 2 thyme sprigs fresh

- ☐ 0.3 cup tomato paste
- ☐ 6 cups whipping cream
- ☐ 2 tablespoons citrus champagne vinegar

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ pot
- ☐ sieve
- ☐ tongs

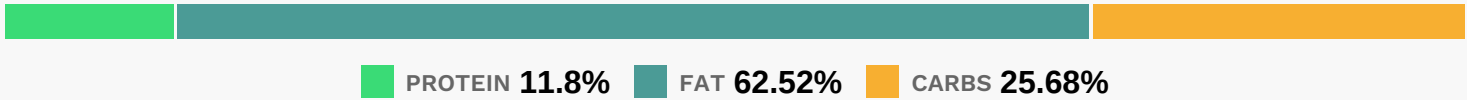
Directions

- ☐ Bring very large pot of salted water to boil.
- ☐ Add lobsters. Boil until cooked through, about 12 minutes (or cook in batches, if necessary). Using tongs, transfer lobsters to large rimmed baking sheet.
- ☐ Remove meat from tail and claws; place meat in medium bowl.
- ☐ Remove any roe from bodies and place in small bowl. Cover and chill meat and roe (if any).
- ☐ Remove tomalley (green matter) from bodies and discard. Reserve bodies and shells.
- ☐ Heat oil in heavy large pot over high heat.
- ☐ Add reserved lobster bodies and shells. Sauté 3 minutes. Reduce heat to low.
- ☐ Add tomato paste; stir 3 minutes. Stir in tomatoes, wine, vinegar, garlic, tarragon, thyme, and parsley.
- ☐ Add cream; boil 2 minutes. Reduce heat to medium-low. Simmer just until lobster flavor infuses cream, stirring occasionally, about 20 minutes. Strain sauce into large bowl, pressing on solids to extract as much liquid as possible. Discard contents of strainer. (Lobster and sauce can be prepared 1 day ahead. Cover separately and chill.)
- ☐ Transfer sauce to heavy large saucepan.
- ☐ Cut lobster meat into bite-size pieces; coarsely crumble roe, if using.
- ☐ Add to sauce. Gently rewarm over low heat, stirring occasionally.

- ☐
- Meanwhile, cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:31.9, Glycemic Load:21.07, Inflammation Score:–9, Nutrition Score:23.792173924653%

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: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 851.75kcal (42.59%), Fat: 59.35g (91.31%), Saturated Fat: 34.36g (214.77%), Carbohydrates: 54.84g (18.28%), Net Carbohydrates: 52.12g (18.95%), Sugar: 6.66g (7.4%), Cholesterol: 303.2mg (101.07%), Sodium: 388.34mg (16.88%), Alcohol: 0.82g (100%), Alcohol %: 0.33% (100%), Protein: 25.2g (50.41%), Selenium: 100.76µg (143.94%), Copper: 1.15mg (57.68%), Vitamin A: 2381.99IU (47.64%), Phosphorus: 366.11mg (36.61%), Manganese: 0.69mg (34.74%), Zinc: 4.1mg (27.31%), Vitamin B2: 0.36mg (21.01%), Vitamin B12: 1.26µg (20.99%), Vitamin E: 3.1mg (20.67%), Magnesium: 81.1mg (20.27%), Vitamin B5: 1.98mg (19.8%), Calcium: 183.06mg (18.31%), Vitamin D: 2.49µg (16.59%), Potassium: 548.5mg (15.67%), Vitamin B6: 0.31mg (15.37%), Vitamin B3: 2.89mg (14.47%), Vitamin K: 12.49µg (11.89%), Vitamin B1: 0.17mg (11.23%), Iron: 2.02mg (11.21%), Fiber: 2.72g (10.9%), Folate: 35.8µg (8.95%), Vitamin C: 4.88mg (5.91%)