



Lobster Quinoa Pasta with Creamy Smoked Paprika Sauce

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



474 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 cup cilantro leaves chopped
- ☐ 1 tablespoon coconut oil
- ☐ 3 cups so delicious dairy free coconut milk beverage unsweetened
- ☐ 1 teaspoon garlic powder
- ☐ 1 cup lobster claw meat cooked chopped
- ☐ 3 cups quinoa macaroni pasta

- ☐ 2 cloves roasted garlic mashed
- ☐ 1 teaspoon sea salt
- ☐ 1 teaspoon paprika smoked
- ☐ 3 tablespoons tapioca flour
- ☐ 0.3 cup water

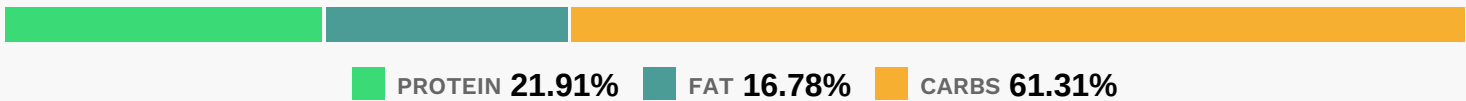
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Cook pasta according to package directions.
- ☐ Drain and drizzle a little olive oil or any other vegetable oil.In a sauce pan, add coconut oil.
- ☐ Let melt on medium heat.
- ☐ Add Coconut Milk Beverage and stir. In a small cup add tapioca starch and water. Stir until blended.
- ☐ Add this slurry to the coconut oil mixture in the sauce pan.
- ☐ Whisk until incorporated.
- ☐ Add sea salt, black pepper, garlic powder, smoked paprika and roasted garlic if desired. Stir well. Bring to a boil and then remove from heat.
- ☐ Add cooked lobster. Continue to stir. Cover.Arrange cooked quinoa macaroni on a platter.
- ☐ Pour So Delicious Lobster sauce on top. Reserve sauce in a side bowl to have on the table while serving.
- ☐ Sprinkle the dish and sauce bowl with cilantro.

Nutrition Facts



Properties

Glycemic Index:42.35, Glycemic Load:2.03, Inflammation Score:-8, Nutrition Score:27.917826030565%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 474.17kcal (23.71%), Fat: 8.73g (13.43%), Saturated Fat: 3.6g (22.47%), Carbohydrates: 71.78g (23.93%), Net Carbohydrates: 68.1g (24.76%), Sugar: 6.7g (7.45%), Cholesterol: 75.12mg (25.04%), Sodium: 928.46mg (40.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.65g (51.29%), Selenium: 91.93µg (131.33%), Copper: 1.27mg (63.52%), Vitamin B12: 2.65µg (44.18%), Manganese: 0.85mg (42.3%), Vitamin B3: 8.22mg (41.1%), Vitamin E: 5.32mg (35.47%), Calcium: 323.1mg (32.31%), Vitamin B6: 0.63mg (31.71%), Phosphorus: 254.13mg (25.41%), Vitamin B2: 0.42mg (24.91%), Zinc: 3.71mg (24.74%), Vitamin A: 1215.67IU (24.31%), Folate: 79.89µg (19.97%), Vitamin C: 14.31mg (17.34%), Potassium: 595.32mg (17.01%), Magnesium: 67.69mg (16.92%), Fiber: 3.68g (14.71%), Vitamin D: 2.12µg (14.16%), Vitamin B1: 0.2mg (13.55%), Iron: 2.39mg (13.29%), Vitamin K: 13.34µg (12.7%), Vitamin B5: 1.25mg (12.5%)