



Lobster Risotto with Herb-rubbed Beef Tenderloin

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



429 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup arborio rice
- ☐ 4 servings herb-rubbed beef tenderloin
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 3.5 cups chicken broth
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 1.5 pound live lobster
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 0.5 cup shallots diced
- ☐ 4 tablespoons butter unsalted

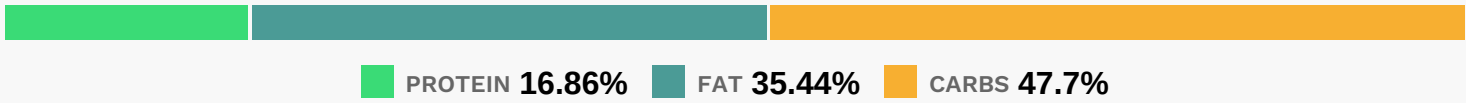
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil. Plunge lobster, headfirst, into boiling water. Cover pot; cook lobster 15 to 20 minutes.
- ☐ Drain and cool.
- ☐ Remove meat from claws and tail, coarsely chop, and set aside.
- ☐ Bring broth just to a simmer in a medium saucepan. Keep warm over low heat.
- ☐ Heat butter in a large saucepan over medium heat.
- ☐ Add shallots; cook 5 minutes or until slightly tender, stirring occasionally. Stir in rice, and cook 2 minutes, stirring constantly.
- ☐ Add wine; cook until liquid is nearly absorbed, stirring constantly.
- ☐ Add 1/2 cup warm broth, stirring constantly, until broth is nearly absorbed. Repeat with remaining broth, 1/2 cup at a time (about 25 minutes total). Stir in lobster; cook, stirring constantly, just until thoroughly heated. Stir in Parmesan and next 3 ingredients.
- ☐ Serve immediately with Herb-rubbed Beef Tenderloin.
- ☐ Note: To save time, purchase 6 to 8 ounces precooked lobster meat. Or substitute about 1/2 pound cooked, peeled, and deveined shrimp.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:32.68, Inflammation Score:-9, Nutrition Score:17.816956675571%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 428.9kcal (21.45%), Fat: 15.96g (24.56%), Saturated Fat: 9.32g (58.28%), Carbohydrates: 48.33g (16.11%), Net Carbohydrates: 45.82g (16.66%), Sugar: 3.61g (4.01%), Cholesterol: 105.57mg (35.19%), Sodium: 1190.31mg (51.75%), Alcohol: 3.09g (100%), Alcohol %: 0.99% (100%), Protein: 17.09g (34.18%), Selenium: 43.57µg (62.24%), Copper: 0.82mg (40.99%), Manganese: 0.8mg (39.9%), Folate: 133µg (33.25%), Vitamin B1: 0.36mg (24%), Phosphorus: 239.62mg (23.96%), Zinc: 3.1mg (20.69%), Calcium: 181.79mg (18.18%), Iron: 3.06mg (17.01%), Vitamin B3: 3.39mg (16.97%), Vitamin B5: 1.52mg (15.17%), Vitamin B12: 0.83µg (13.82%), Vitamin B6: 0.27mg (13.4%), Vitamin B2: 0.22mg (12.69%), Magnesium: 47.45mg (11.86%), Vitamin A: 513.26IU (10.27%), Fiber: 2.51g (10.05%), Potassium: 327.49mg (9.36%), Vitamin C: 5.42mg (6.57%), Vitamin E: 0.9mg (6.02%), Vitamin D: 0.27µg (1.82%), Vitamin K: 1.65µg (1.57%)