



## Lobster Sauce for Mashed Potatoes

READY IN



60 min.

SERVINGS



6

CALORIES



782 kcal

SIDE DISH

### Ingredients

- 1 bay leaf
- 1 teaspoon peppercorns whole black
- 0.5 cup butter
- 2 carrots peeled chopped
- 2 large stalks celery diced
- 0.5 cup cream sherry
- 0.3 cup flour all-purpose
- 0.1 teaspoon parsley fresh chopped
- 1 teaspoon thyme leaves fresh minced

- 1 quart heavy cream
- 0.1 teaspoon juice of lemon
- 14 ounce live maine lobsters diced canned
- 1 medium onion diced
- 0.5 teaspoon salt and pepper to taste
- 0.1 teaspoon lawry's seasoned salt
- 2 tablespoons tomato paste

## Equipment

- pot
- sieve

## Directions

- Melt the butter in a large pot over medium heat. Stir in the lobster, onion, celery, carrot, thyme, parsley, peppercorns, seasoned salt, bay leaf, and lemon juice. Cook, stirring constantly, over medium heat to soften the vegetables, about 10 minutes. Stir in the flour and tomato paste; cook for another 5 minutes, stirring constantly.
- Pour in sherry and cook for a minute or two to cook off the alcohol.
- Pour in the heavy cream, and bring to a simmer. Reduce heat to low, simmer until the sauce has thickened, and will coat the back of a spoon, about 15 minutes. Strain through a fine mesh strainer, and discard the solids. Season to taste with salt and pepper.

## Nutrition Facts

■ PROTEIN **8.65%** ■ FAT **83.88%** ■ CARBS **7.47%**

## Properties

Glycemic Index:66.64, Glycemic Load:4.5, Inflammation Score:-10, Nutrition Score:21.064347992773%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.1mg,

Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

## **Nutrients (% of daily need)**

Calories: 782.36kcal (39.12%), Fat: 72.97g (112.27%), Saturated Fat: 46.17g (288.53%), Carbohydrates: 14.62g (4.87%), Net Carbohydrates: 12.93g (4.7%), Sugar: 7.4g (8.22%), Cholesterol: 302.91mg (100.97%), Sodium: 755.12mg (32.83%), Alcohol: 2.06g (100%), Alcohol %: 0.8% (100%), Protein: 16.93g (33.86%), Vitamin A: 6353.45IU (127.07%), Selenium: 49.26µg (70.37%), Copper: 0.97mg (48.52%), Phosphorus: 233.35mg (23.33%), Vitamin B2: 0.38mg (22.14%), Zinc: 2.94mg (19.59%), Vitamin E: 2.88mg (19.2%), Calcium: 189.86mg (18.99%), Vitamin B12: 1.11µg (18.52%), Vitamin D: 2.52µg (16.82%), Vitamin B5: 1.54mg (15.44%), Vitamin K: 14.97µg (14.26%), Potassium: 499.06mg (14.26%), Manganese: 0.28mg (14.07%), Magnesium: 49.5mg (12.38%), Vitamin B6: 0.21mg (10.6%), Vitamin B3: 1.93mg (9.67%), Folate: 36.34µg (9.08%), Vitamin B1: 0.12mg (7.76%), Vitamin C: 5.67mg (6.87%), Fiber: 1.69g (6.76%), Iron: 1.05mg (5.85%)