



 **41%**
HEALTH SCORE

Lobster Shepherd's Pies

READY IN



45 min.

SERVINGS



4

CALORIES



612 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds yukon gold potatoes peeled cut into 2-inch chunks
- 1 serving salt and pepper freshly ground
- 4 ounces butter unsalted cut into 4 pats (1 stick)
- 0.5 cup milk whole
- 2 large egg yolk
- 2.5 pounds leek white rinsed halved lengthwise cut into ½-inch pieces, well (6 ½ cups)
- 2 tablespoons flour all-purpose
- 1 cup live maine lobsters cut into large chunks
- 2 tablespoons optional: dill fresh with dill seeds for garnish coarsely chopped

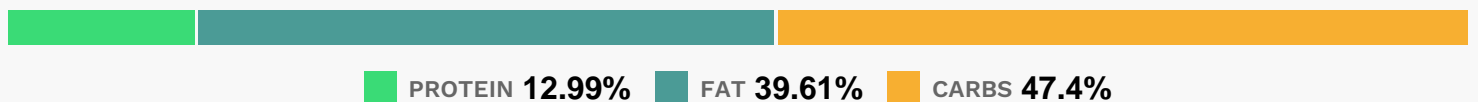
Equipment

- frying pan
- baking sheet
- oven
- pot
- potato ricer

Directions

- Preheat oven to 400 degrees. Cover potatoes with water by 2 inches in a medium stockpot.
- Add 1 tablespoon salt, and bring to a boil. Reduce heat; simmer, partially covered, until tender, about 20 minutes.
- Drain. Mash potatoes or pass through a ricer. Stir in 4 tablespoons butter, the milk, 1 teaspoon salt, and 1/4 teaspoon pepper. Stir in yolks.
- Melt 4 tablespoons butter in a large skillet over medium-high heat.
- Add leeks, 1 1/2 teaspoons salt, and 1/4 teaspoon pepper. Cook, stirring occasionally, for 2 minutes. Cover; reduce heat to medium-low. Cook, stirring occasionally, until tender, about 8 minutes.
- Stir in flour, and cook for 1 minute. Stir in stock, and bring to a boil. Reduce heat, and let simmer for 2 minutes. Stir in lobster and dill, and divide among four 10-ounce baking dishes. Top each with 3/4 cup potato mixture, leaving a 1/2-inch border, and a butter pat.
- Garnish with dill sprigs.
- Bake on a baking sheet until bubbling, about 30 minutes.
- Let stand for 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:60.94, Glycemic Load:35.62, Inflammation Score:-10, Nutrition Score:43.733912882598%

Flavonoids

Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 8.96mg, Kaempferol: 8.96mg, Kaempferol: 8.96mg, Kaempferol: 8.96mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 612.12kcal (30.61%), Fat: 27.71g (42.63%), Saturated Fat: 16.21g (101.33%), Carbohydrates: 74.59g (24.86%), Net Carbohydrates: 65.64g (23.87%), Sugar: 13.92g (15.47%), Cholesterol: 231.53mg (77.18%), Sodium: 384.53mg (16.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.45g (40.89%), Vitamin K: 138.62µg (132.02%), Vitamin A: 5627.5IU (112.55%), Manganese: 1.69mg (84.61%), Vitamin C: 67.7mg (82.06%), Selenium: 47.86µg (68.37%), Copper: 1.34mg (66.95%), Vitamin B6: 1.28mg (63.75%), Folate: 234.99µg (58.75%), Iron: 7.86mg (43.66%), Potassium: 1412.01mg (40.34%), Magnesium: 146.57mg (36.64%), Phosphorus: 366.35mg (36.63%), Fiber: 8.95g (35.8%), Calcium: 293.65mg (29.36%), Vitamin E: 4.03mg (26.9%), Vitamin B1: 0.38mg (25.4%), Zinc: 3.3mg (21.97%), Vitamin B5: 2.17mg (21.74%), Vitamin B3: 4.14mg (20.69%), Vitamin B12: 1.12µg (18.63%), Vitamin B2: 0.26mg (15.5%), Vitamin D: 1.22µg (8.13%)