



Lobster Stew

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 carrots peeled cut into 1/4-inch dice
- ☐ 1 teaspoon chives fresh chopped
- ☐ 1 teaspoon flat-leaf parsley fresh chopped
- ☐ 3 pound lobsters cooked cut into 1/2-inch chunks
- ☐ 2 parsnips peeled cut into 1/4-inch dice
- ☐ 0.8 cup peas green
- ☐ 2 potatoes cut into 1/4-inch dice

- ☐ 1 teaspoon salt
- ☐ 2 tablespoons shallots minced
- ☐ 2 cups lobster stock
- ☐ 1 tablespoon butter unsalted
- ☐ 2 cups whipping cream
- ☐ 8 button mushrooms white trimmed quartered
- ☐ 0.8 cup amontillado

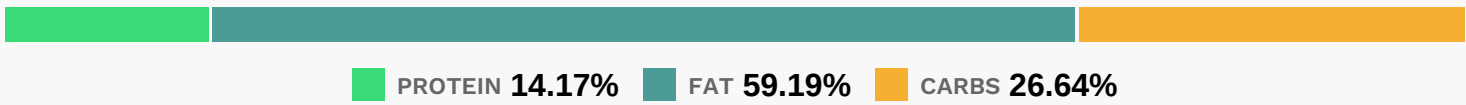
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Melt butter in a large Dutch oven over medium-high heat.
- ☐ Add mushrooms; saut 3 to 4 minutes or until mushrooms begin to brown.
- ☐ Add shallot; cook 4 minutes or until translucent.
- ☐ Add sherry, stirring to loosen particles from bottom of pan.
- ☐ Add carrots, parsnips, potatoes, and peas to pan; stir in fish broth.
- ☐ Bring mixture to a boil. Stir in cream, and return mixture to a boil. Reduce heat to low, and simmer 12 minutes or until vegetables are tender. Stir in lobster, salt, and pepper.
- ☐ Add parsley and chives; serve immediately.
- ☐ *Note: Go to coastalliving.com for a great lobster stock recipe.

Nutrition Facts



Properties

Glycemic Index:76.32, Glycemic Load:14.86, Inflammation Score:-10, Nutrition Score:26.931739060775%

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 Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 489.06kcal (24.45%), Fat: 31.45g (48.38%), Saturated Fat: 19.64g (122.75%), Carbohydrates: 31.84g (10.61%), Net Carbohydrates: 25.72g (9.35%), Sugar: 9.09g (10.1%), Cholesterol: 175.31mg (58.44%), Sodium: 1018.85mg (44.3%), Alcohol: 3.09g (100%), Alcohol %: 0.88% (100%), Protein: 16.94g (33.88%), Vitamin A: 4940.57IU (98.81%), Selenium: 46.84µg (66.92%), Copper: 1.14mg (56.86%), Vitamin C: 32.64mg (39.57%), Manganese: 0.62mg (30.9%), Phosphorus: 283.36mg (28.34%), Potassium: 925mg (26.43%), Fiber: 6.12g (24.47%), Vitamin B6: 0.46mg (23.17%), Vitamin K: 23.9µg (22.76%), Zinc: 3.41mg (22.74%), Vitamin B5: 2.14mg (21.45%), Vitamin B2: 0.36mg (20.94%), Folate: 77.41µg (19.35%), Magnesium: 75.94mg (18.98%), Vitamin B3: 3.76mg (18.78%), Vitamin B12: 0.94µg (15.59%), Vitamin E: 2.28mg (15.18%), Calcium: 150.51mg (15.05%), Vitamin B1: 0.22mg (14.6%), Iron: 1.71mg (9.49%), Vitamin D: 1.36µg (9.05%)