



Lobster Stew with Tomatoes and Peppers

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 0.3 cup brandy
- 8 ounce bottled clam juice
- 0.3 teaspoon thyme leaves dried
- 5 tablespoons parsley fresh minced
- 3 garlic cloves minced
- 5 pound live lobsters
- 3 tablespoons olive oil

- 1 medium onion finely chopped
- 1.5 pounds plum tomatoes seeded finely chopped
- 1 pinch sugar
- 1 cup water
- 2 medium hungarian wax peppers green yellow finely chopped

Equipment

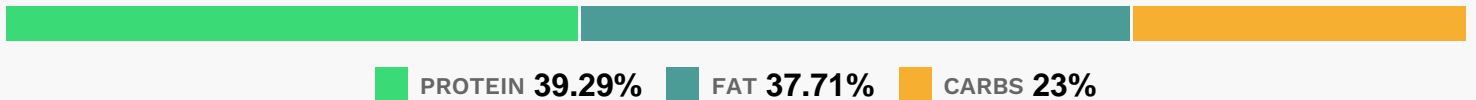
- bowl
- frying pan
- pot
- blender
- tongs

Directions

- Working in batches and using tongs, lower lobsters into large stockpot of rapidly boiling water. Boil 5 minutes. Using tongs, transfer lobsters to platter. Cool completely.
- Working over bowl to catch juices from lobsters and using kitchen shears, cut tails from lobsters.
- Cut each tail into 3 rounds. Split open lobster heads and bodies; remove tomalley (green liver) and reserve (about 2 tablespoons total). Divide each large claw into 2 pieces, cutting 1 side open for easy removal of claw meat. Set aside lobster pieces and juices.
- Heat 3 tablespoons oil in heavy large deep skillet or pot over medium-high heat.
- Add onion and peppers; sauté until slightly softened, about 5 minutes.
- Add tomatoes, 2 tablespoons minced fresh parsley, bay leaf, thyme, and pinch of sugar.
- Sprinkle with salt. Bring to boil. Reduce heat and simmer until mixture thickens, about 20 minutes.
- Add brandy and simmer 2 minutes.
- Add all reserved lobster pieces and juices to skillet; simmer 5 minutes.
- Mix in clam juice and 1 cup water. Bring to boil. Reduce heat, cover and simmer 10 minutes longer.

- Add reserved tomato, 2 tablespoons minced fresh parsley, and minced garlic to skillet with lobster and simmer uncovered 5 minutes.
- Transfer lobster pieces to bowl.
- Transfer sauce to blender and puree until smooth, thinning with more water if desired. Season sauce to taste with salt and pepper.
- Transfer sauce to serving bowl. Top with lobster pieces.
- Sprinkle with remaining 1 tablespoon parsley and serve.

Nutrition Facts



Properties

Glycemic Index:53.02, Glycemic Load:2.74, Inflammation Score:-9, Nutrition Score:30.796521725862%

Flavonoids

Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg

Nutrients (% of daily need)

Calories: 324.91kcal (16.25%), Fat: 12.23g (18.82%), Saturated Fat: 1.81g (11.29%), Carbohydrates: 16.78g (5.59%), Net Carbohydrates: 13.8g (5.02%), Sugar: 7.83g (8.7%), Cholesterol: 201.62mg (67.21%), Sodium: 898.22mg (39.05%), Alcohol: 5.01g (100%), Alcohol %: 1.26% (100%), Protein: 28.67g (57.33%), Selenium: 101.66µg (145.23%), Copper: 2.3mg (114.83%), Vitamin K: 102.98µg (98.07%), Vitamin C: 35.67mg (43.23%), Zinc: 6.08mg (40.54%), Vitamin A: 1933.61IU (38.67%), Vitamin B12: 2µg (33.36%), Phosphorus: 317.73mg (31.77%), Vitamin E: 3.92mg (26.16%), Vitamin B5: 2.57mg (25.66%), Potassium: 849.03mg (24.26%), Magnesium: 88.44mg (22.11%), Vitamin B6: 0.4mg (20.11%), Manganese: 0.39mg (19.59%), Vitamin B3: 3.79mg (18.93%), Calcium: 175.47mg (17.55%), Folate: 59.03µg (14.76%), Fiber: 2.98g (11.91%), Vitamin B1: 0.13mg (8.62%), Iron: 1.53mg (8.48%), Vitamin B2: 0.08mg (4.54%)