



Lobster Stock



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



1589 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 13 ounce canned tomatoes whole crushed canned
- ☐ 3 tablespoons canola oil
- ☐ 2 carrots peeled chopped
- ☐ 2 ribs celery chopped
- ☐ 0.5 bulb of fennel cored sliced
- ☐ 0.5 small bunch parsley fresh
- ☐ 2 garlic heads whole halved
- ☐ 3 pounds lobster bodies raw cooked

- ☐ 1 large onion chopped
- ☐ 2 parsnips peeled chopped
- ☐ 2 saffron threads fresh
- ☐ 3 stalks thyme leaves whole
- ☐ 2 cups white wine

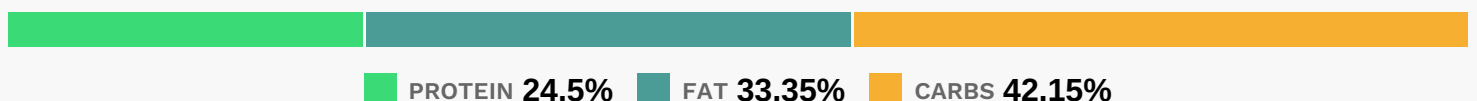
Equipment

- ☐ pot
- ☐ sieve
- ☐ roasting pan

Directions

- ☐ If you are using raw lobster, oil the bottom of a roasting pan and place chopped up lobster bodies in the pan with the onion, celery, carrots, parsnips, garlic, and fennel. Roast at 400-degrees until the vegetables take on a color. If you are using frozen or fresh carcasses, roast only the vegetables and add lobster to the stockpot later. Remember that the stock won't have quite as rich a flavor.
- ☐ Transfer the lobster and vegetables to a large stockpot.
- ☐ Add the saffron, parsley, and thyme sprigs, tomatoes, and wine and fill the pot with 3 quarts of water. Bring it to a boil then turn it down to a simmer. Cook it for 1 to 1 1/2 hours.
- ☐ Put the stock through a fine strainer, discard the solids, and cool. Use the stock within a couple of days or freeze for future use.
- ☐ Cooking tips: If you eat a lot of lobster, it's always smart to save the bodies for lobster stock. Just remember that no matter what kind of lobsters you use for stock, you need to remove the head sac first; you don't want that in your stock! To freeze left over lobster, chop the carcass into chunks, wrap and freeze. You can make the stock using raw lobster bodies, as well.

Nutrition Facts



Properties

Glycemic Index:432.83, Glycemic Load:41.07, Inflammation Score:-10, Nutrition Score:83.160434557044%

Flavonoids

Malvidin: 0.29mg, Malvidin: 0.29mg, Malvidin: 0.29mg, Malvidin: 0.29mg Catechin: 3.7mg, Catechin: 3.7mg, Catechin: 3.7mg, Catechin: 3.7mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Hesperetin: 1.92mg, Hesperetin: 1.92mg, Hesperetin: 1.92mg, Hesperetin: 1.92mg Naringenin: 1.82mg, Naringenin: 1.82mg, Naringenin: 1.82mg, Naringenin: 1.82mg Apigenin: 63.78mg, Apigenin: 63.78mg, Apigenin: 63.78mg, Apigenin: 63.78mg Luteolin: 2.67mg, Luteolin: 2.67mg, Luteolin: 2.67mg, Luteolin: 2.67mg Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg Kaempferol: 2.14mg, Kaempferol: 2.14mg, Kaempferol: 2.14mg, Kaempferol: 2.14mg Myricetin: 4.47mg, Myricetin: 4.47mg, Myricetin: 4.47mg, Myricetin: 4.47mg Quercetin: 34.73mg, Quercetin: 34.73mg, Quercetin: 34.73mg, Quercetin: 34.73mg

Nutrients (% of daily need)

Calories: 1588.73kcal (79.44%), Fat: 47.94g (73.76%), Saturated Fat: 4.38g (27.39%), Carbohydrates: 136.32g (45.44%), Net Carbohydrates: 101.76g (37%), Sugar: 53.82g (59.8%), Cholesterol: 483.89mg (161.3%), Sodium: 2385.6mg (103.72%), Alcohol: 49.44g (100%), Alcohol %: 3% (100%), Protein: 79.24g (158.48%), Vitamin K: 702.27µg (668.83%), Vitamin A: 24252.35IU (485.05%), Selenium: 253.5µg (362.14%), Copper: 6.5mg (325.08%), Manganese: 4.09mg (204.26%), Vitamin C: 166.08mg (201.31%), Vitamin E: 21.84mg (145.59%), Potassium: 4848.89mg (138.54%), Fiber: 34.56g (138.22%), Phosphorus: 1230.91mg (123.09%), Zinc: 18.17mg (121.1%), Folate: 455.53µg (113.88%), Magnesium: 435.54mg (108.88%), Vitamin B6: 2.04mg (102.11%), Vitamin B5: 9.77mg (97.69%), Calcium: 826.7mg (82.67%), Vitamin B3: 16.1mg (80.52%), Vitamin B12: 4.76µg (79.38%), Iron: 13.01mg (72.25%), Vitamin B1: 0.87mg (58.11%), Vitamin B2: 0.72mg (42.07%)