



Lobster Thermidor

READY IN



45 min.

SERVINGS



4

CALORIES



568 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.5 teaspoon mustard dry
- ☐ 1 egg yolk beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 cup mushrooms fresh sliced
- ☐ 4 lobster tail pieces frozen thawed
- ☐ 4 servings paprika
- ☐ 0.5 cup parmesan cheese divided grated

- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons cooking sherry
- ☐ 2 quarts water
- ☐ 1.5 cups whipping cream

Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ dutch oven
- ☐ tongs

Directions

- ☐ Bring water to a boil in a large Dutch oven; add lobster tails. Return to a boil; cook 5 minutes.
- ☐ Remove tails from water with kitchen tongs; rinse under cold water.
- ☐ Drain.
- ☐ Split lobster tails lengthwise, leaving bottoms of shells attached.
- ☐ Remove meat, and cut into bite-size pieces. Set meat aside. Rinse shells thoroughly, and let dry. Press shells open flat, and place in a 13- x 9- x 2- inch baking dish.
- ☐ Melt butter in a heavy saucepan over low heat; add flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add whipping cream; cook over medium heat, stirring constantly, until thickened.
- ☐ Gradually stir 2 tablespoons hot mixture into yolk; add to remaining hot mixture, stirring constantly. Stir in mushrooms, chives, salt, and mustard. Cook over low heat 2 to 3 minutes.
- ☐ Remove from heat; stir in sherry and reserved lobster.
- ☐ Sprinkle 1 teaspoon cheese in each lobster shell. Spoon lobster mixture evenly into shells.
- ☐ Sprinkle with remaining cheese and paprika.
- ☐ Bake at 375 for 15 minutes or until browned.
- ☐ Serve immediately.

Nutrition Facts

 **PROTEIN 13.61%**  **FAT 77.64%**  **CARBS 8.75%**

Properties

Glycemic Index:45.5, Glycemic Load:4.58, Inflammation Score:-9, Nutrition Score:19.77565187475%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 568.3kcal (28.42%), Fat: 49.32g (75.88%), Saturated Fat: 25.45g (159.07%), Carbohydrates: 12.5g (4.17%), Net Carbohydrates: 11.3g (4.11%), Sugar: 3.45g (3.83%), Cholesterol: 240.69mg (80.23%), Sodium: 963.96mg (41.91%), Alcohol: 0.77g (100%), Alcohol %: 0.14% (100%), Protein: 19.46g (38.92%), Selenium: 55.36µg (79.09%), Vitamin A: 3012.81IU (60.26%), Copper: 1.05mg (52.64%), Phosphorus: 292.92mg (29.29%), Calcium: 255.5mg (25.55%), Vitamin B2: 0.41mg (24.18%), Zinc: 3.44mg (22.9%), Vitamin B12: 1.21µg (20.23%), Vitamin B5: 1.78mg (17.83%), Vitamin E: 2.59mg (17.3%), Vitamin B3: 2.63mg (13.16%), Magnesium: 49.49mg (12.37%), Vitamin D: 1.78µg (11.88%), Potassium: 384.94mg (11%), Vitamin B6: 0.2mg (10.06%), Folate: 37.98µg (9.5%), Vitamin B1: 0.13mg (8.9%), Manganese: 0.16mg (8.21%), Iron: 1.4mg (7.76%), Vitamin K: 6.37µg (6.07%), Fiber: 1.2g (4.79%), Vitamin C: 1.54mg (1.87%)