

Lobster Thermidor

 Gluten Free

READY IN



40 min.

SERVINGS



2

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.3 cup double cream
- ☐ 1.4 cups fish stock fresh
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1.5 pound pd of lobster cooked
- ☐ 0.5 teaspoon mustard english hot
- ☐ 0.3 cup parmesan cheese freshly grated

- ☐ 2 servings salt and pepper black freshly ground to taste
- ☐ 1 shallots finely chopped
- ☐ 0.3 cup white wine

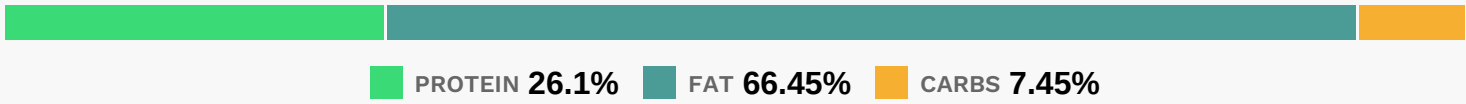
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ broiler

Directions

- ☐ Cut the lobster in half lengthwise, and remove the meat from the claws and tail. Leave to one side.
- ☐ Remove any meat from the head and set aside.
- ☐ Cut the meat up into pieces and place back into the shell.
- ☐ Melt the butter in a large skillet over medium heat.
- ☐ Add the shallot; cook and stir until tender.
- ☐ Mix in the fish stock, white wine and double cream. Bring to a boil, and cook until reduced by half.
- ☐ Mix in the mustard, lemon juice, parsley, salt and pepper.
- ☐ Preheat your oven's broiler.
- ☐ Place the lobster halves on a broiling pan or baking sheet, and spoon the sauce over the lobster meat in the shell.
- ☐ Sprinkle Parmesan cheese over the top.
- ☐ Broil for 3 to 4 minutes, just until golden brown.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:79.5, Glycemic Load:0.68, Inflammation Score:-8, Nutrition Score:22.123913091162%

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 Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 393.72kcal (19.69%), Fat: 27.53g (42.35%), Saturated Fat: 16.39g (102.45%), Carbohydrates: 6.95g (2.32%), Net Carbohydrates: 6.37g (2.32%), Sugar: 2.69g (2.99%), Cholesterol: 195.57mg (65.19%), Sodium: 1364.76mg (59.34%), Alcohol: 3.09g (100%), Alcohol %: 1.05% (100%), Protein: 24.33g (48.66%), Selenium: 67.36µg (96.23%), Copper: 1.4mg (69.97%), Vitamin K: 68.46µg (65.2%), Phosphorus: 319.53mg (31.95%), Zinc: 4.29mg (28.59%), Calcium: 277.57mg (27.76%), Vitamin B12: 1.6µg (26.64%), Vitamin A: 1244.29IU (24.89%), Vitamin B3: 3.97mg (19.83%), Vitamin B5: 1.59mg (15.89%), Potassium: 483.66mg (13.82%), Magnesium: 52.86mg (13.21%), Vitamin E: 1.79mg (11.93%), Vitamin C: 9.4mg (11.4%), Vitamin B2: 0.18mg (10.57%), Vitamin B6: 0.2mg (10.11%), Manganese: 0.16mg (7.8%), Folate: 30.74µg (7.69%), Iron: 1.18mg (6.57%), Vitamin D: 0.54µg (3.59%), Vitamin B1: 0.04mg (2.89%), Fiber: 0.58g (2.32%)