



Lobster with Creamy Curry Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 tablespoon butter
- ☐ 0.3 cup wine dry white
- ☐ 0.5 cup bottled clam juice
- ☐ 2 teaspoons curry powder
- ☐ 1 teaspoon garlic minced
- ☐ 1 tablespoon ginger minced peeled
- ☐ 0.5 cup half and half

- ☐ 16 ounce lobster tail pieces fresh thawed
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.3 cup port wine
- ☐ 0.3 teaspoon pepper dried red crushed

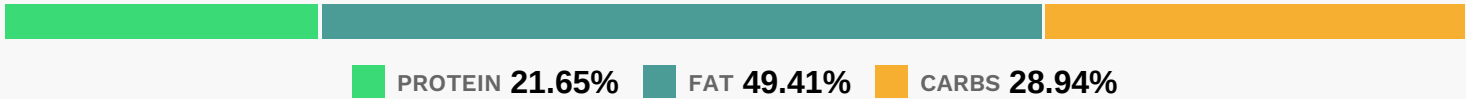
Equipment

- ☐ frying pan
- ☐ knife

Directions

- ☐ Cut lobster tails in half lengthwise, cutting through upper and lower hard shells with an electric knife.
- ☐ Heat butter in a large skillet over medium heat until butter melts.
- ☐ Add lobster tail halves, cut side down. Cook 4 minutes on each side or until lobster is done.
- ☐ Remove lobster from skillet, and keep warm.
- ☐ Add gingerroot, curry powder, and garlic to skillet.
- ☐ Saute over medium-high heat 2 to 3 minutes.
- ☐ Add half-and-half and next 6 ingredients; stir well. Cook over medium-high heat, stirring constantly, 10 to 12 minutes or until mixture is reduced to 1/2 cup.
- ☐ Spoon 1/4 cup curry mixture onto each individual serving plate.
- ☐ Place 2 lobster tail halves, cut side down, on each plate.
- ☐ Garnish with green onions, if desired.

Nutrition Facts



Properties

Glycemic Index:98.5, Glycemic Load:1.08, Inflammation Score:-6, Nutrition Score:13.124347852624%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.47mg, Malvidin: 28.47mg, Malvidin: 28.47mg, Malvidin: 28.47mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 3.19mg, Catechin: 3.19mg, Catechin: 3.19mg, Catechin: 3.19mg Epicatechin: 2.43mg, Epicatechin: 2.43mg, Epicatechin: 2.43mg, Epicatechin: 2.43mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 299.24kcal (14.96%), Fat: 13.58g (20.9%), Saturated Fat: 8.03g (50.18%), Carbohydrates: 17.9g (5.97%), Net Carbohydrates: 16.75g (6.09%), Sugar: 8.43g (9.36%), Cholesterol: 116.87mg (38.96%), Sodium: 576.58mg (25.07%), Alcohol: 7.68g (100%), Alcohol %: 3.66% (100%), Protein: 13.39g (26.78%), Selenium: 43.45µg (62.08%), Copper: 0.93mg (46.53%), Phosphorus: 189.13mg (18.91%), Zinc: 2.72mg (18.12%), Vitamin B12: 0.94µg (15.64%), Calcium: 146.52mg (14.65%), Manganese: 0.29mg (14.57%), Vitamin B5: 1.2mg (11.97%), Magnesium: 47.7mg (11.92%), Vitamin A: 575.12IU (11.5%), Potassium: 378.64mg (10.82%), Vitamin B6: 0.2mg (10.04%), Vitamin E: 1.48mg (9.86%), Vitamin B2: 0.16mg (9.23%), Vitamin B3: 1.45mg (7.25%), Iron: 1.2mg (6.68%), Vitamin C: 4.37mg (5.3%), Fiber: 1.15g (4.61%), Folate: 17.03µg (4.26%), Vitamin B1: 0.06mg (4.02%), Vitamin K: 4.09µg (3.9%)