



## Maine Lobster Macaroni Cheese with Truffle Oil

READY IN



55 min.

SERVINGS



6

CALORIES



798 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 bay leaves
- 0.5 cup butter (1 stick)
- 0.5 cup flour all-purpose or as needed
- 0.3 cup chives fresh chopped
- 2 cloves garlic chopped
- 2 tablespoons grapeseed oil
- 0.5 cup heavy cream
- 1 pound live maine lobsters

- 1 pound macaroni pasta dried
- 6 servings salt
- 2 cups sharp cheddar shredded canned (8 year-old aged if you can get it)
- 2 truffle oil white
- 1 cup vegetable stock
- 1 cup onion white chopped
- 6 servings bell pepper white

## Equipment

- bowl
- sauce pan
- pot

## Directions

- Bring a pot of water to boiling for the pasta.
- Saute lobster meat in oil until it is no longer translucent, and set aside. Cook the pasta until al dente and drain well so that you don't have excess cooking water which will dilute the flavor. While the pasta is cooking, melt butter in a large saucepan over medium heat, and add the onion and garlic, cooking until translucent, being careful not to burn it.
- Add the flour a little at a time to make a roux. Do this gradually because some batches of flour absorb more than others and you may not need as much.
- Add the bay leaves, and then incorporate the vegetable or fish stock a little at a time to form a smooth sauce. Simmer for a least 10 minutes to allow the flour to "cook out," then remove the bay leaves.
- Add the heavy cream and Cheddar, then season with salt and white pepper. Stir the lobster meat into the cheese mixture, then fold in as much pasta as you need to acquire the right consistency for macaroni and cheese.
- Transfer to a serving bowl and drizzle sparingly with truffle oil and garnish with chopped chives.

## Nutrition Facts



■ PROTEIN 16.84% ■ FAT 47.67% ■ CARBS 35.49%

## Properties

Glycemic Index:58.83, Glycemic Load:6.89, Inflammation Score:-8, Nutrition Score:24.96739132508%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg

## Nutrients (% of daily need)

Calories: 798.18kcal (39.91%), Fat: 42.21g (64.93%), Saturated Fat: 22.4g (140.01%), Carbohydrates: 70.68g (23.56%), Net Carbohydrates: 66.94g (24.34%), Sugar: 4.27g (4.74%), Cholesterol: 196.76mg (65.59%), Sodium: 1049.71mg (45.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.55g (67.09%), Selenium: 111.19µg (158.84%), Copper: 1.3mg (65.12%), Manganese: 0.96mg (47.86%), Phosphorus: 478.19mg (47.82%), Calcium: 380.05mg (38.01%), Zinc: 5.35mg (35.63%), Vitamin A: 1303.38IU (26.07%), Vitamin B12: 1.41µg (23.47%), Magnesium: 88.48mg (22.12%), Vitamin E: 3.05mg (20.35%), Vitamin B2: 0.33mg (19.42%), Vitamin B5: 1.74mg (17.38%), Vitamin B3: 3.2mg (15.98%), Fiber: 3.75g (15%), Folate: 56.61µg (14.15%), Vitamin B6: 0.27mg (13.67%), Vitamin B1: 0.2mg (13.12%), Potassium: 432.87mg (12.37%), Iron: 2.15mg (11.95%), Vitamin K: 6.84µg (6.52%), Vitamin C: 3.81mg (4.62%), Vitamin D: 0.54µg (3.62%)