



Maritime Lobster Casserole

READY IN



60 min.

SERVINGS



6

CALORIES



244 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup bread crumbs
- ☐ 1 tablespoon butter cut into small pieces, to taste
- ☐ 1 teaspoon butter or as needed
- ☐ 3 stalks celery diced
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 large bell pepper diced green
- ☐ 0.3 teaspoon ground pepper black to taste
- ☐ 2 pounds live maine lobsters cooked coarsely chopped
- ☐ 2 cups milk 2%

- ☐ 0.5 large bell pepper diced red
- ☐ 0.3 teaspoon salt to taste
- ☐ 1 small onion diced sweet
- ☐ 2 teaspoons paprika sweet

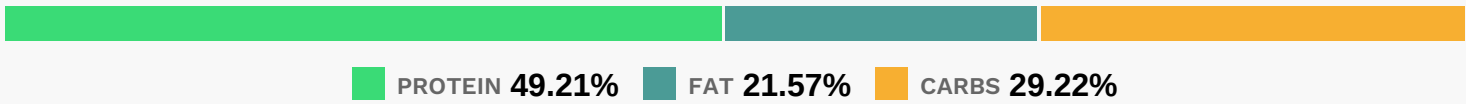
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Melt 1 teaspoon butter in a large frying pan over medium heat.
- ☐ Add onion, celery, green pepper, and red pepper; cook and stir until onion has softened and turned translucent, about 5 minutes.
- ☐ Melt 1/4 cup butter in a large pot over medium–low heat; whisk in flour and cook for 1 minute.
- ☐ Add milk; cook until sauce is thickened, about 5 minutes.
- ☐ Stir vegetables and lobster into sauce; season with salt and pepper. Turn mixture into an 8x8–inch baking dish; sprinkle with bread crumbs, dot with butter pieces, and sprinkle with paprika.
- ☐ Bake in the preheated oven until bubbly, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:49.33, Glycemic Load:3.21, Inflammation Score:-8, Nutrition Score:25.854782705722%

Flavonoids

Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 8.42mg, Quercetin: 8.42mg, Quercetin: 8.42mg, Quercetin: 8.42mg

Nutrients (% of daily need)

Calories: 244.02kcal (12.2%), Fat: 5.78g (8.89%), Saturated Fat: 2.99g (18.7%), Carbohydrates: 17.62g (5.87%), Net Carbohydrates: 15.69g (5.71%), Sugar: 8.28g (9.2%), Cholesterol: 205.12mg (68.37%), Sodium: 848.68mg (36.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.67g (59.35%), Selenium: 101.48µg (144.96%), Copper: 2.12mg (105.93%), Zinc: 6mg (39.99%), Vitamin B12: 2.33µg (38.8%), Vitamin C: 31.91mg (38.68%), Phosphorus: 357.82mg (35.78%), Vitamin B5: 2.7mg (27%), Calcium: 254.49mg (25.45%), Vitamin A: 1063.06IU (21.26%), Magnesium: 80.76mg (20.19%), Vitamin B6: 0.37mg (18.32%), Potassium: 614.41mg (17.55%), Vitamin B3: 3.49mg (17.45%), Folate: 61.38µg (15.34%), Vitamin B2: 0.26mg (15.17%), Manganese: 0.29mg (14.43%), Vitamin E: 1.95mg (12.97%), Vitamin B1: 0.19mg (12.65%), Vitamin K: 9.07µg (8.64%), Fiber: 1.93g (7.73%), Iron: 1.31mg (7.26%)