



New Brunswick Lobster Casserole

READY IN



60 min.

SERVINGS



6

CALORIES



396 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups unseasoned bread cubes soft
- ☐ 2 tablespoons butter melted
- ☐ 0.5 cup bread crumbs dry fine
- ☐ 0.8 teaspoon mustard dry
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 cup heavy whipping cream light
- ☐ 3 cups live maine lobsters diced cooked
- ☐ 1 cup milk
- ☐ 3 cups mushrooms sliced

- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 0.3 cup swiss cheese shredded

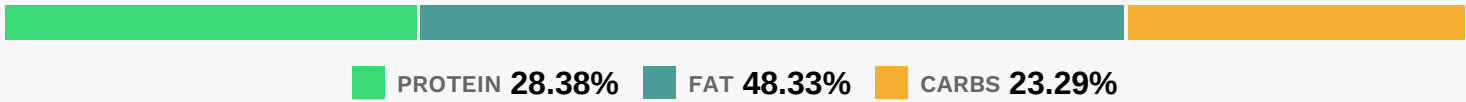
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a casserole dish.
- ☐ Melt 3 tablespoons of butter in a saucepan over medium heat. Stir in flour, mustard powder, salt, and pepper until smooth.
- ☐ Pour in the milk and cream, bring to a simmer, and cook until thickened and smooth, stirring constantly.
- ☐ Add the mushrooms and cheese, stir until the cheese has melted. Fold in the diced lobster meat and the bread cubes.
- ☐ Pour into prepared casserole dish.
- ☐ Mix the bread crumbs with the remaining 1 tablespoon of melted butter to moisten.
- ☐ Sprinkle the crumbs over the casserole.
- ☐ Bake in preheated oven until the crumbs have browned, and the casserole is hot; about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:52.11, Glycemic Load:7.94, Inflammation Score:-6, Nutrition Score:24.214782699295%

Nutrients (% of daily need)

Calories: 395.54kcal (19.78%), Fat: 21.3g (32.77%), Saturated Fat: 12.17g (76.04%), Carbohydrates: 23.09g (7.7%), Net Carbohydrates: 21.29g (7.74%), Sugar: 4.61g (5.12%), Cholesterol: 213.55mg (71.18%), Sodium: 1112.01mg (48.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.15g (56.29%), Selenium: 91.52µg (130.74%), Copper: 1.81mg (90.69%), Phosphorus: 369.37mg (36.94%), Zinc: 5.26mg (35.08%), Vitamin B12: 1.97µg (32.87%), Vitamin B5: 2.94mg (29.35%), Vitamin B3: 5.55mg (27.77%), Calcium: 261.49mg (26.15%), Vitamin B2: 0.43mg (25.5%), Manganese: 0.45mg (22.51%), Vitamin B1: 0.29mg (19.4%), Magnesium: 72.09mg (18.02%), Potassium: 545.29mg (15.58%), Folate: 54.92µg (13.73%), Vitamin A: 629.46IU (12.59%), Vitamin B6: 0.25mg (12.35%), Vitamin E: 1.6mg (10.66%), Iron: 1.89mg (10.5%), Fiber: 1.81g (7.22%), Vitamin D: 0.78µg (5.22%), Vitamin K: 3.39µg (3.23%), Vitamin C: 1.3mg (1.58%)