



Penne with Lobster

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



465 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 servings peppercorns black freshly ground
- 1 tsp brown sugar
- 400 g canned tomatoes canned
- 0.3 cup cup heavy whipping cream
- 2 servings parsley
- 150 g penne pasta
- 2 servings pepper red
- 2 servings salt

1 cup veggie broth

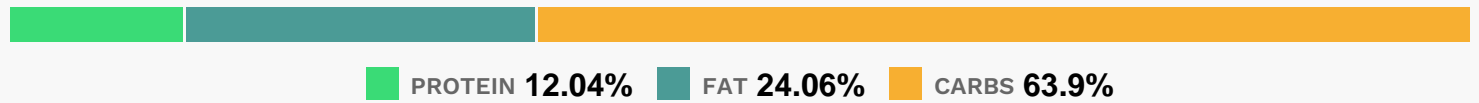
Equipment

pot

Directions

Combine plum tomatoes, lobster stock and sugar in a pot. Bring to boil then reduce heat to simmer until about half (about 20 mins).

Nutrition Facts



Properties

Glycemic Index:94.5, Glycemic Load:27.45, Inflammation Score:-9, Nutrition Score:25.265217534874%

Flavonoids

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: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 464.95kcal (23.25%), Fat: 12.78g (19.66%), Saturated Fat: 7.2g (44.99%), Carbohydrates: 76.39g (25.46%), Net Carbohydrates: 69.11g (25.13%), Sugar: 14.41g (16.01%), Cholesterol: 33.62mg (11.21%), Sodium: 976.01mg (42.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.4g (28.8%), Vitamin K: 80.98µg (77.12%), Selenium: 49.97µg (71.39%), Manganese: 1.22mg (61.18%), Vitamin A: 2053.03IU (41.06%), Copper: 0.63mg (31.31%), Fiber: 7.28g (29.12%), Vitamin C: 23.91mg (28.98%), Potassium: 858.13mg (24.52%), Vitamin E: 3.66mg (24.4%), Iron: 4.31mg (23.94%), Vitamin B6: 0.47mg (23.3%), Phosphorus: 232.97mg (23.3%), Magnesium: 88.67mg (22.17%), Vitamin B3: 4.04mg (20.18%), Vitamin B1: 0.23mg (15.53%), Vitamin B2: 0.23mg (13.5%), Calcium: 121.38mg (12.14%), Zinc: 1.81mg (12.07%), Folate: 47.52µg (11.88%), Vitamin B5: 1mg (10.05%), Vitamin D: 0.48µg (3.17%)