



Poaching Liquid for Lobster (Court Bouillon)

 **Gluten Free**  **Dairy Free**

READY IN

ready

40 min.

SERVINGS

servings

8

CALORIES

calories

49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 bay leaves
- ☐ 1 tablespoon coriander seeds
- ☐ 1 pinch pepper red crushed
- ☐ 1 head garlic halved
- ☐ 1 tablespoon kosher salt
- ☐ 1 optional: lemon halved
- ☐ 1 pound maine lobster
- ☐ 8 servings bundle thyme

☐ 1 cup white wine

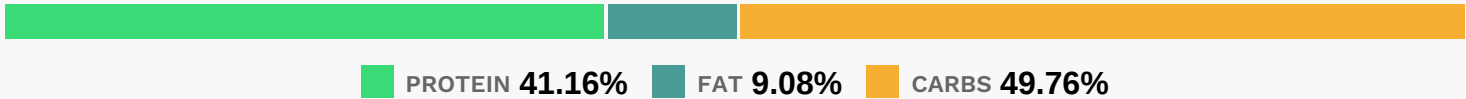
Equipment

☐ pot

Directions

- ☐ Bring about 3 quarts of water to a boil.
- ☐ Add the wine, coriander, salt, red pepper, thyme, bay leaves, garlic and lemon to the boiling water, and then reduce the heat and simmer, 10 to 15 minutes.
- ☐ Place the lobster in the pot and simmer, 5 minutes. Turn off the heat and let the lobster sit in the hot water 10 minutes.
- ☐ Plunge the lobster into a salted ice bath. When completely cool, remove from the ice and serve.

Nutrition Facts



Properties

Glycemic Index:14.44, Glycemic Load:0.71, Inflammation Score:-7, Nutrition Score:3.942173877488%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.89mg, Hesperetin: 3.89mg, Hesperetin: 3.89mg, Hesperetin: 3.89mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 48.94kcal (2.45%), Fat: 0.31g (0.48%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 3.81g (1.27%), Net Carbohydrates: 2.95g (1.07%), Sugar: 0.66g (0.73%), Cholesterol: 20.16mg (6.72%), Sodium: 942.09mg (40.96%), Alcohol: 3.09g (100%), Alcohol %: 5.86% (100%), Protein: 3.15g (6.3%), Selenium: 10.85µg (15.5%), Copper: 0.24mg (12.17%), Vitamin C: 9.99mg (12.11%), Manganese: 0.14mg (7.01%), Zinc: 0.7mg (4.64%), Vitamin B6: 0.09mg (4.49%),

Phosphorus: 42.16mg (4.22%), Magnesium: 14.72mg (3.68%), Calcium: 35.15mg (3.52%), Fiber: 0.86g (3.46%),
Vitamin B12: 0.2µg (3.31%), Iron: 0.56mg (3.11%), Vitamin B5: 0.29mg (2.94%), Potassium: 100.28mg (2.87%),
Vitamin B3: 0.36mg (1.78%), Vitamin B1: 0.02mg (1.27%), Vitamin B2: 0.02mg (1.18%), Vitamin A: 56.68IU (1.13%),
Vitamin E: 0.17mg (1.11%)