



 **28%**
HEALTH SCORE

Pumpkin Mac & Cheese With Lobster

READY IN



70 min.

SERVINGS



12

CALORIES



412 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounces pumpkin puree canned
- 12 ounces shell pasta cooked
- 12 ounces evaporated milk
- 1 tablespoon flour
- 12 servings garlic powder
- 12 ounces peas green
- 12 servings hot sauce
- 1 teaspoon lemon zest
- 16 ounces lobster tail pieces chopped

- 4 tablespoons butter
- 8 ounces mascarpone cheese
- 12 servings nutmeg
- 0.5 cup panko bread crumbs
- 12 servings paprika
- 2 ounces parmesan
- 12 servings bell pepper
- 12 servings bell pepper
- 12 servings salt
- 1 tablespoon shallots minced
- 8 ounces cheddar cheese shredded

Equipment

- oven
- casserole dish

Directions

- melt 2 tablespoons margarine add minced shallots and saute until tender. add 1 tablespoon flour and stir until combined and flour to create a roux. slowly stir in 12 oz. warm evaporated milk until well combined and roux is worked in add 8 oz shredded cheddar and 8 oz mascarpone cheese until smooth and creamy. add 8 oz canned pumpkin and season with kosher salt, pepper, garlic powder, paprika, nutmeg, lemon zest and italian seasoning 2 dashes tiger sauce to taste. mix in 2 chopped lobster tails, 12 oz green peas and 12 oz cooked shell pasta until heated through. pour into a casserole dish and top with mixture of panko crumbs, margarine and parmesan cheese. bake at 375f for 40 minutes or until topping is brown and crispy. garnish with fresh parsley and serve with fresh bread or dinner rolls.

Nutrition Facts

 PROTEIN 16.4%  FAT 51.47%  CARBS 32.13%

Properties

Glycemic Index:33.82, Glycemic Load:8.06, Inflammation Score:-10, Nutrition Score:26.923043587933%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 412.49kcal (20.62%), Fat: 24.15g (37.16%), Saturated Fat: 12.58g (78.64%), Carbohydrates: 33.92g (11.31%), Net Carbohydrates: 26.56g (9.66%), Sugar: 12.67g (14.08%), Cholesterol: 62.68mg (20.89%), Sodium: 555.46mg (24.15%), Alcohol: 0g (100%), Protein: 17.32g (34.64%), Vitamin C: 203.87mg (247.12%), Vitamin A: 9536.8IU (190.74%), Calcium: 340.68mg (34.07%), Selenium: 23.74µg (33.92%), Vitamin B6: 0.65mg (32.56%), Phosphorus: 315.72mg (31.57%), Fiber: 7.36g (29.45%), Manganese: 0.56mg (28.12%), Folate: 106.93µg (26.73%), Vitamin B2: 0.42mg (24.43%), Vitamin E: 3.65mg (24.32%), Vitamin K: 19.85µg (18.91%), Potassium: 660.09mg (18.86%), Zinc: 2.58mg (17.2%), Copper: 0.34mg (16.9%), Magnesium: 65.79mg (16.45%), Vitamin B1: 0.25mg (16.37%), Iron: 2.65mg (14.72%), Vitamin B3: 2.94mg (14.69%), Vitamin B5: 1.14mg (11.39%), Vitamin B12: 0.45µg (7.47%), Vitamin D: 0.17µg (1.1%)