



Roasted Corn Chowder with Lobster

READY IN

ready

80 min.

SERVINGS

servings

4

CALORIES

calories

1261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bacon chopped
- ☐ 4 servings canola oil
- ☐ 1 pinch cayenne
- ☐ 3 stalks celery diced
- ☐ 6 cups chicken stock see
- ☐ 0.5 cup flour all-purpose
- ☐ 6 corn kernels fresh
- ☐ 3 cloves garlic
- ☐ 0.5 bell pepper green cut into small dice

- ☐ 2 cups heavy cream
- ☐ 1 tablespoon juice of lime generous
- ☐ 2 lobster tail pieces split
- ☐ 2 tablespoons mascarpone cheese
- ☐ 0.5 bell pepper red cut into small dice
- ☐ 4 servings salt
- ☐ 0.5 cup scallions sliced for garnish
- ☐ 0.5 teaspoon seafood seasoning recommended: Old Bay
- ☐ 1 small onion diced yellow
- ☐ 3 yukon gold potatoes peeled cut into small dice

Equipment

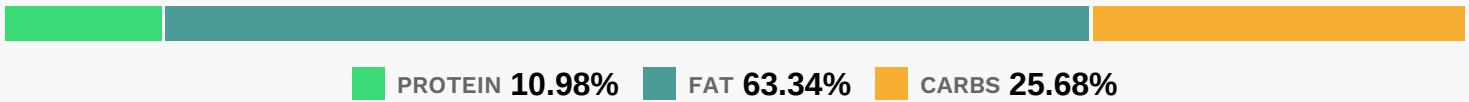
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ ladle
- ☐ oven
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 375 degrees F.
- ☐ For the lobster: Bring a pot of water to a boil.
- ☐ Remove the lobster tails from the shells and put into the boiling water. Poach for 2 minutes.
- ☐ Remove the lobster and set aside to cool.
- ☐ Once cooled, chop the lobster and mix with the lime juice, cayenne, seafood seasoning, and mascarpone. Taste and add salt, if needed.
- ☐ For the chowder: On a sheet pan, toss the corn kernels with a few tablespoons oil, season with salt, and roast until the corn is lightly browned, 8 to 10 minutes.

- ☐ In a deep pan, heat 1 tablespoon oil over low heat and add the bacon. Cook until the bacon is crisp.
- ☐ Remove the bacon to a paper towel and pour most of the bacon fat out of the pan.
- ☐ Return the bacon to the pan, add the onion and celery, and cook over medium heat until the onion is softened, about 5 minutes.
- ☐ Add the red and green pepper, garlic, and roasted corn, and cook 5 more minutes.
- ☐ Sprinkle the flour over the vegetables and stir. Cook for 2 minutes, stirring constantly.
- ☐ Add the chicken stock and stir to scrape up any brown bits from bottom of the pan. Stir in the diced potatoes and raise the heat a little to bring the mixture to a simmer.
- ☐ Simmer the chowder until the potatoes are cooked, about 20 minutes. Stir occasionally to avoid burning the bottom of the chowder.
- ☐ Taste the potatoes. When the potatoes are fork tender, turn the heat down to low and slowly stir in the cream. Keep warm on low heat.
- ☐ To plate: Ladle the chowder into bowls and top each with a mound of lobster.
- ☐ Garnish with sliced scallions.

Nutrition Facts



Properties

Glycemic Index:88.44, Glycemic Load:26.06, Inflammation Score:-10, Nutrition Score:41.253913340361%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

Nutrients (% of daily need)

Calories: 1261.05kcal (63.05%), Fat: 90.66g (139.47%), Saturated Fat: 40.13g (250.79%), Carbohydrates: 82.71g (27.57%), Net Carbohydrates: 75.01g (27.28%), Sugar: 21.16g (23.52%), Cholesterol: 231.99mg (77.33%), Sodium: 1326.72mg (57.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.36g (70.72%), Vitamin C: 73.18mg

(88.71%), Selenium: 50.63µg (72.33%), Vitamin B3: 13.73mg (68.66%), Vitamin A: 2942.76IU (58.86%), Vitamin B6: 1.12mg (56.04%), Phosphorus: 540.24mg (54.02%), Vitamin K: 56.04µg (53.37%), Vitamin B1: 0.8mg (53.15%), Potassium: 1800.57mg (51.44%), Vitamin B2: 0.83mg (48.63%), Copper: 0.94mg (47.12%), Folate: 162.89µg (40.72%), Manganese: 0.71mg (35.59%), Magnesium: 136.85mg (34.21%), Vitamin E: 4.76mg (31.75%), Fiber: 7.69g (30.77%), Vitamin B5: 2.69mg (26.89%), Zinc: 3.92mg (26.11%), Iron: 4.15mg (23.06%), Calcium: 184.52mg (18.45%), Vitamin B12: 0.88µg (14.69%), Vitamin D: 2.14µg (14.27%)