

Seafood Pasta

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



507 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.3 pound live lobster
- ☐ 4 servings lobster sauce
- ☐ 4 servings poached baby octopus
- ☐ 2 tablespoons olive oil
- ☐ 8 ounces regine pasta hot cooked (long macaroni)
- ☐ 4 large scallops cut in half
- ☐ 4 servings garnishes: sea beans
- ☐ 8 large shrimp deveined peeled

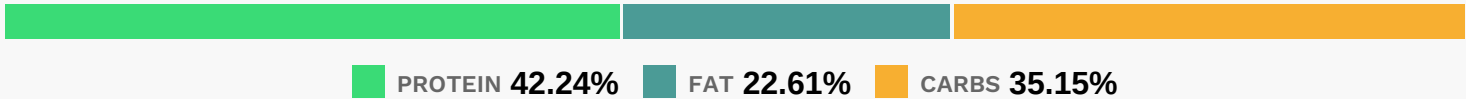
Equipment

☐ frying pan

Directions

- ☐ Cook lobster in boiling salted water 15 minutes.
- ☐ Remove from water; cool slightly.
- ☐ Remove meat from claws.
- ☐ Remove meat from tail, and slice into medallions; chill until ready to use.
- ☐ Heat olive oil in a large skillet over medium-high heat.
- ☐ Sprinkle scallops and shrimp with salt and pepper; saut 2 minutes on each side.
- ☐ Add Poached Baby Octopus and lobster; cook 1 minute or until heated through, adding more oil if necessary.
- ☐ Combine seafood mixture and pasta, and divide among 4 plates. Spoon Lobster Sauce on and around pasta.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:17.02, Inflammation Score:-6, Nutrition Score:24.891739256842%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 506.98kcal (25.35%), Fat: 12.38g (19.05%), Saturated Fat: 2.12g (13.25%), Carbohydrates: 43.31g (14.44%), Net Carbohydrates: 41.5g (15.09%), Sugar: 1.51g (1.68%), Cholesterol: 227.56mg (75.85%), Sodium: 436.66mg (18.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.04g (104.09%), Selenium: 128.05µg (182.93%), Vitamin B12: 7.63µg (127.09%), Phosphorus: 654.13mg (65.41%), Copper: 0.85mg (42.75%), Vitamin B6: 0.66mg (32.92%), Magnesium: 127.41mg (31.85%), Manganese: 0.58mg (29.01%), Vitamin B3: 5.41mg (27.07%), Zinc: 3.47mg

(23.16%), Vitamin B5: 2.18mg (21.78%), Potassium: 760.89mg (21.74%), Vitamin B1: 0.23mg (15.44%), Iron: 2.58mg (14.34%), Vitamin E: 1.44mg (9.58%), Calcium: 86.79mg (8.68%), Folate: 34.53µg (8.63%), Fiber: 1.81g (7.26%), Vitamin B2: 0.1mg (5.62%), Vitamin K: 4.27µg (4.07%), Vitamin A: 157.03IU (3.14%)