

# Simple Lobster Stew

*Chef Neil Connolly  
Palm Beach Post*

## Servings: 4

*1/4 cup diced onion  
4 tablespoons butter  
1 1/2 cups cooked lobster meat  
2 tablespoons sherry  
2 1/2 cups light cream  
generous pinch paprika  
coarse salt (to taste)  
freshly ground black pepper (to taste)  
Freshly snipped chives (for garnish)*

In a saucepan over medium-high heat, saute' the onions in butter until translucent. Do not brown.

Add the cooked lobster meat and stir in the sherry.

Add the cream, paprika, salt and pepper. Bring the cream to a light boil.

Serve immediately, garnished with fresh chives.

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Per Serving (excluding unknown items): 462 Calories; 41g Fat (79.9% calories from fat); 15g Protein; 8g Carbohydrate; trace Dietary Fiber; 169mg Cholesterol; 384mg Sodium. Exchanges: 1 1/2 Lean Meat; 0 Vegetable; 8 Fat; 1/2 Other Carbohydrates.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	462
% Calories from Fat:	79.9%
% Calories from Carbohydrates:	6.6%
% Calories from Protein:	13.5%
Total Fat (g):	41g
Saturated Fat (g):	25g
Monounsaturated Fat (g):	12g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	169mg
Carbohydrate (g):	8g
Dietary Fiber (g):	trace
Protein (g):	15g
Sodium (mg):	384mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	2.0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	12mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	10
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	1 1/2
Vegetable:	0

**Potassium (mg):** 400mg  
**Calcium (mg):** 184mg  
**Iron (mg):** trace  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 2mg  
**Vitamin A (i.u.):** 1561IU  
**Vitamin A (r.e.):** 394 1/2RE

**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 8  
**Other Carbohydrates:** 1/2

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 462 Calories from Fat: 369

### % Daily Values\*

<b>Total Fat</b>	41g	63%
Saturated Fat	25g	126%
<b>Cholesterol</b>	169mg	56%
<b>Sodium</b>	384mg	16%
<b>Total Carbohydrates</b>	8g	3%
Dietary Fiber	trace	1%
<b>Protein</b>	15g	

<b>Vitamin A</b>	31%
<b>Vitamin C</b>	3%
<b>Calcium</b>	18%
<b>Iron</b>	2%

\* Percent Daily Values are based on a 2000 calorie diet.