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Lobster Ravioli ♦

Lobster ravioli is a delicious pasta dish made with fresh lobster meat and homemade pasta dough. It is typically served with a rich and creamy sauce, such as a lobster bisque or a lemon butter sauce. This dish is perfect for a special lunch or dinner and is sure to impress your guests.

Recipe Type: Standard

Prep Time: 30 mins

Cook Time: 20 mins

Total Time: 50 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	Lobster Meat
300 g	Pasta Dough
250 ml	heavy cream
50 g	butter

2 cloves	garlic
50 g	parmesan cheese
10 g	fresh parsley
1 tsp	Salt
1 tsp	Black pepper

Directions

Step 1

Boiling

Cook the lobster meat in boiling water for 5 minutes. Remove from water and let it cool. Once cooled, chop the lobster meat into small pieces.

Prep Time: 10 mins

Cook Time: 5 mins

Step 2

Sautéing

In a saucepan, melt the butter over medium heat. Add the garlic and sauté until fragrant. Add the chopped lobster meat and cook for another 2 minutes.

Prep Time: 5 mins

Cook Time: 2 mins

Step 3

Boiling

In a separate pot, bring water to a boil. Add salt and the pasta dough. Cook according to the package instructions. Drain the pasta and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Simmering

In the same saucepan used for the lobster meat, add the heavy cream and bring to a simmer. Stir in the Parmesan cheese and season with salt and black pepper.

Prep Time: 2 mins

Cook Time: 5 mins

Step 5

Cooking

Add the cooked pasta to the saucepan and toss to coat. Cook for another 2 minutes, until the pasta is heated through.

Prep Time: 1 mins

Cook Time: 2 mins

Step 6

Garnish with fresh parsley and serve hot.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 500 kcal

Fat: 30 g

Protein: 25 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	40 g	72.73%	80%
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	20 g	90.91%	117.65%
Fat	30 g	107.14%	120%
Cholesterol	150 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	200 iu	22.22%	28.57%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	3 mcg	125%	125%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	150 mg	15%	15%
Iron	2 mg	25%	11.11%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Italian French Middle Eastern

Meal Type

Breakfast Dinner Lunch

Kitchen Tools

Slow Cooker

Course

Appetizers Salads Soups Sauces & Dressings

Cultural

Chinese New Year Easter

Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Difficulty Level

Medium

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