

Low Carb Lobster Mac N Cheese

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November 7, 2021



Yields: 6

Ingredients:

- 2 bags low carb elbow pasta
- pinch of salt for water
- 1 teaspoon avocado oil for water
- 1 ½ cup almond milk
- ¼ cup heavy whipping cream
- ½ teaspoon salt
- 4 ounces cream cheese
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ½ teaspoon smoked paprika
- ¼ teaspoon pepper
- 2 ½ cups shredded cheddar cheese

- 1 cup shredded mozzarella cheese
- 1 cup chopped cooked lobster meat plus more for garnish
- 2 tablespoon butter
- Salt and fresh ground pepper, to taste

Topping:

- ½ cup pork rinds crumbs
- ½ cup grated Parmesan cheese
- 2 tablespoon melted butter

Directions:

1. Preheat oven to 450 degrees. Cut lobster tails in half vertically and place on a foil lined baking sheet.
2. Melt 2 tablespoons of butter and brush the tops of lobster tails with butter then sprinkle with cajun seasoning.
3. Bake for 10 minutes or until they develop a beautiful color then remove from shells. Roughly chop lobster into large chunks in a medium sized bowl and pour remaining butter from the baking sheet over the lobster and set aside.
4. Preheat the oven to 350
5. Boil pasta with water oil and a pinch of salt until tender.
6. In a deprecate pot pour milk and heavy cream in a pot,
7. Add the cream cheese to the milk and whisk until the cream cheese is completely melted.
8. Stir in paprika, garlic powder, onion powder, salt, and pepper. Add part of the shredded cheddar cheese and shredded mozzarella cheese; gently whisk until cheeses are melted.

9. Add the pasta back and gently stir around until everything is covered in cheese sauce.
10. Add the mixture to your baking dish.
11. In a small bowl combine pork rinds, crumbs, butter, and Parmesan and spread over the top.
12. Bake, uncovered, for 18 to 20 minutes.

Nutrition:

Nutrition per serving:

- Calories 496
 - Total Fat 42.7g
 - Total Carbohydrate 7.9g
 - Dietary Fiber 2.8g
 - Net Carbs. 5.1g
 - Protein 24g
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