

Truefoods



ALL NATURAL | WILD CAUGHT

FROZEN LOBSTER MEAT

Cold Water | North Atlantic | Fully Cooked

Truefoods Lobster is the responsible way to indulge your tastebuds and treat yourself. Wild-caught and sustainably sourced in support of generational fishing communities along the North Atlantic Coast. Truefoods Lobster is harvested from the pristine waters of the North Atlantic, cooked, then flash frozen to preserve the delicate flavor profile at the peak of freshness!

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LOBSTER MAC & CHEESE INSTRUCTIONS

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1. Prep: Heat oven to 400 degrees with the rack in the middle of the oven.
2. Sauce: In a large saucepan over medium heat melt the butter. Add the flour to the melted butter and stir until thickened, about 3 minutes
3. Whisk: Slowly whisk in milk a little at a time. The slower you add the milk the thicker the sauce will be.
4. Stir: Add in 3 cups of the cheddar cheese, gruyere cheese, and ½ cup of parmesan cheese into the sauce. Reserve 1 ½ cups cheddar and ½ cup parmesan for the top.
5. Spices: Add in the salt, pepper, garlic powder, mustard powder and nutmeg to the sauce, stir until combined.
6. Mix: Stir together the cooked macaroni noodles, lobster and the sauce and transfer to a 9x13 baking, that has been prepped with cooking spray if needed.
7. Top: Sprinkle with remaining cheese and bake in the oven until golden and bubbling. 20-25 minutes
8. Garnish: Top with flat leaf parsley if desired.

THAWING INSTRUCTIONS

Let the frozen lobster thaw in the refrigerator 24 hours before cooking. Cooking unthawed meat will result in tough meat. Lobster will thaw faster if placed in a plastic bag and immersed in water while in the refrigerator.

VISIT US



Nutrition Facts

Serving size 100 grams (100g)

Amount per serving
Calories 80

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 145mg 48%

Sodium 400mg 17%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g of Added Sugars 0%

Protein 18g

Vitamin D 0mcg 0%

Calcium 69mg 6%

Iron 0mg 0%

Potassium 207mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredient: Lobster

Contains: Crustacean (Lobster)

Based off 100g cooked Lobster Meat



Item #	Product Description	UPC Code	GTIN	Pack Description
167	Claw and Knuckle Meat	810046401675	10810046401672	6 x 2lb
165	Claw, Knuckle, & Tail Meat	810046401651	10810046401658	6 x 2lb
160	Claw, Knuckle, & Leg Meat	810046401606	10810046401603	6 x 2lb
169	Tail Meat	810046401699	10810046401696	6 x 2lb
175	Broken Meat	810046401750	10810046401757	6 x 2lb