



Cambodian Steamed Mussels

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



641 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 oz coconut milk reduced-fat canned
- ☐ 1 tablespoons jalapeño chilies fresh minced
- ☐ 3 cups fat-skimmed chicken broth
- ☐ 1 lb bread french sliced
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 teaspoon ground turmeric dried
- ☐ 4 pounds mussels scrubbed (beards pulled off)
- ☐ 1 cup pineapple chunks fresh canned ()

- ☐ 1 tablespoon rice vinegar
- ☐ 0.5 teaspoon salad oil
- ☐ 4 servings salt

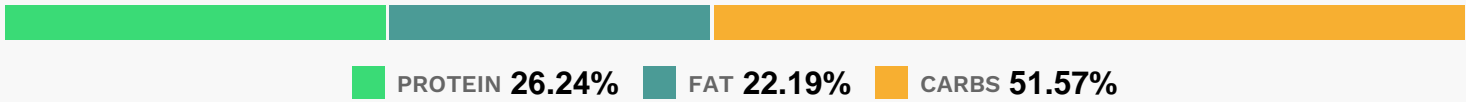
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ Discard any gaping mussels that do not close when the shells are tapped.
- ☐ In a 6- to 8-quart pan over high heat, stir oil and chilies until chilies are limp, 1 to 2 minutes.
- ☐ Add chicken broth, canned coconut milk, ground turmeric, and rice vinegar. Bring mixture to a boil.
- ☐ Add mussels, cover, and cook until shells open, 6 to 10 minutes.
- ☐ Ladle the mussels and broth into wide bowls.
- ☐ Spoon pineapple chunks equally over mussels and sprinkle portions with cilantro. Season to taste with salt.
- ☐ Serve mussels with bread to dip into the broth as you eat.

Nutrition Facts



Properties

Glycemic Index:65.63, Glycemic Load:49.77, Inflammation Score:-10, Nutrition Score:40.640000021976%

Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 640.83kcal (32.04%), Fat: 15.46g (23.78%), Saturated Fat: 8.25g (51.56%), Carbohydrates: 80.8g (26.93%), Net Carbohydrates: 77.37g (28.13%), Sugar: 14.15g (15.72%), Cholesterol: 64.77mg (21.59%), Sodium:

2318.35mg (100.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.11g (82.22%), Vitamin B12: 28.1µg (468.34%), Manganese: 8.53mg (426.4%), Selenium: 140.11µg (200.16%), Vitamin B1: 1.25mg (83.41%), Iron: 14.23mg (79.04%), Folate: 242.48µg (60.62%), Vitamin B2: 1.02mg (60.17%), Phosphorus: 600.87mg (60.09%), Vitamin B3: 10.36mg (51.8%), Vitamin C: 29.64mg (35.93%), Zinc: 5.01mg (33.38%), Magnesium: 127.44mg (31.86%), Potassium: 1023.22mg (29.23%), Copper: 0.49mg (24.71%), Vitamin B5: 1.75mg (17.48%), Vitamin B6: 0.33mg (16.67%), Calcium: 137.32mg (13.73%), Fiber: 3.43g (13.72%), Vitamin E: 1.66mg (11.04%), Vitamin A: 448.9IU (8.98%), Vitamin K: 3.01µg (2.86%)