



Coconut and Basil Steamed Mussels

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup torn basil fresh
- 2 teaspoons bottled garlic minced
- 2 teaspoons canola oil
- 1 teaspoon brown sugar dark
- 0.3 cup less-sodium chicken broth fat-free
- 1 teaspoon fish sauce
- 1 cup coconut milk light
- 1 tablespoon juice of lime fresh

- 1 pound mussels scrubbed
- 0.3 cup shallots minced
- 0.5 teaspoon sriracha (such as Huy Fong) hot
- 0.7 cup water

Equipment

- bowl
- frying pan
- sauce pan
- slotted spoon
- dutch oven

Directions

- Heat a Dutch oven over medium heat.
- Add oil to pan, swirling to coat.
- Add shallots and garlic to pan; cook 2 minutes or until tender, stirring frequently. Stir in coconut milk and next 7 ingredients (through Sriracha); bring to a boil.
- Add mussels to pan; cover and cook 5 minutes or until shells open. Discard any unopened shells.
- Remove mussels from pan with a slotted spoon, reserving broth mixture. Divide mussels between 2 serving bowls; keep warm. Bring broth mixture to a boil; cook 5 minutes.
- Pour 1 cup sauce over each bowl.
- Sprinkle with sliced basil, if desired.
- Combine 1 cup water, 1/2 cup jasmine rice, 1 teaspoon butter, 1/4 teaspoon kosher salt, and 1 thinly sliced green onion in a small saucepan; bring to a boil. Cover, reduce heat, and simmer 15 minutes; remove from heat.
- Let stand 5 minutes. Fluff with a fork.

Nutrition Facts



■ PROTEIN 24.49% ■ FAT 48.21% ■ CARBS 27.3%

Properties

Glycemic Index:90, Glycemic Load:3.83, Inflammation Score:-6, Nutrition Score:22.810434818268%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 259.74kcal (12.99%), Fat: 13.4g (20.61%), Saturated Fat: 7.46g (46.61%), Carbohydrates: 17.07g (5.69%), Net Carbohydrates: 15.94g (5.8%), Sugar: 4.63g (5.15%), Cholesterol: 32.39mg (10.8%), Sodium: 839.98mg (36.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.31g (30.62%), Vitamin B12: 13.97µg (232.83%), Manganese: 4.15mg (207.57%), Selenium: 54.03µg (77.18%), Iron: 5.21mg (28.92%), Phosphorus: 260.55mg (26.05%), Vitamin C: 16.73mg (20.28%), Folate: 63.56µg (15.89%), Vitamin B2: 0.27mg (15.78%), Potassium: 530.67mg (15.16%), Vitamin K: 15.81µg (15.06%), Vitamin B1: 0.22mg (14.6%), Magnesium: 55.95mg (13.99%), Zinc: 2.08mg (13.87%), Vitamin B6: 0.25mg (12.45%), Vitamin B3: 2.27mg (11.34%), Vitamin E: 1.39mg (9.29%), Copper: 0.19mg (9.29%), Vitamin B5: 0.76mg (7.62%), Vitamin A: 350.68IU (7.01%), Calcium: 63.33mg (6.33%), Fiber: 1.13g (4.53%)