



## Coconut Curried Mussels with Cauliflower



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 teaspoon peppercorns black
- ☐ 1 tablespoon canola oil
- ☐ 2 cups cauliflower florets
- ☐ 1 cup chicken stock see unsalted (such as Swanson)
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 teaspoon cumin seeds
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons optional: dill fresh chopped

- ☐ 0.5 teaspoon ginger fresh grated peeled
- ☐ 2 garlic clove chopped
- ☐ 0.5 teaspoon ground coriander
- ☐ 1 kaffir lime leaves
- ☐ 2 tablespoons lemon grass fresh peeled thinly sliced
- ☐ 1 cup lite coconut milk light
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 pounds mussels scrubbed
- ☐ 2 tablespoons shallots minced
- ☐ 0.5 teaspoon shrimp paste
- ☐ 2 tablespoons thai basil thinly sliced

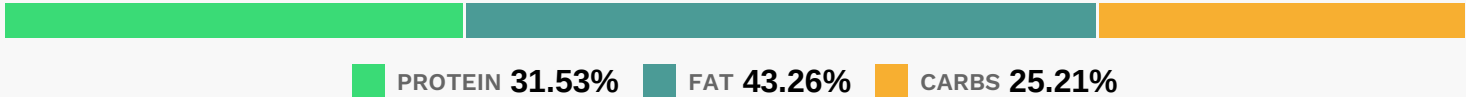
Equipment

- ☐ bowl
- ☐ mortar and pestle
- ☐ dutch oven

Directions

- ☐ To prepare curry paste, combine first 11 ingredients in a mortar or bowl; grind with a pestle until mixture forms a smooth paste.
- ☐ To prepare mussels, heat a large Dutch oven over medium-high heat.
- ☐ Add oil; swirl to coat.
- ☐ Add cauliflower; saut 3 minutes or until lightly browned. Stir in curry paste, stock, and milk; bring to a boil.
- ☐ Add mussels; cover, and simmer 5 minutes or until mussels open. Discard any unopened shells. Stir in lime juice and herbs. Spoon into shallow bowls; serve immediately.

Nutrition Facts



## Properties

Glycemic Index:77.75, Glycemic Load:3.01, Inflammation Score:-6, Nutrition Score:25.006087116573%

## 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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

## Nutrients (% of daily need)

Calories: 221.74kcal (11.09%), Fat: 10.48g (16.12%), Saturated Fat: 4.36g (27.23%), Carbohydrates: 13.73g (4.58%), Net Carbohydrates: 12.23g (4.45%), Sugar: 2.46g (2.74%), Cholesterol: 41.31mg (13.77%), Sodium: 499.32mg (21.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.18g (34.36%), Vitamin B12: 13.88µg (231.33%), Manganese: 4.25mg (212.37%), Selenium: 53.86µg (76.94%), Vitamin C: 37.15mg (45.02%), Iron: 5.55mg (30.84%), Phosphorus: 278.88mg (27.89%), Folate: 85.69µg (21.42%), Vitamin B2: 0.34mg (19.77%), Potassium: 652.43mg (18.64%), Vitamin B1: 0.24mg (16.27%), Vitamin B3: 3.16mg (15.81%), Vitamin K: 15.96µg (15.2%), Zinc: 2.21mg (14.75%), Magnesium: 56.06mg (14.01%), Vitamin B6: 0.23mg (11.71%), Copper: 0.19mg (9.64%), Vitamin B5: 0.96mg (9.55%), Vitamin E: 1.4mg (9.33%), Vitamin A: 314.52IU (6.29%), Calcium: 60.7mg (6.07%), Fiber: 1.5g (5.99%)