



Coconut-Curry Mussels

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



664 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 ounce coconut milk canned
- ☐ 4 tablespoons fish sauce
- ☐ 1 cup cilantro leaves fresh chopped
- ☐ 6 cloves garlic thinly sliced
- ☐ 6 tablespoons ginger peeled chopped
- ☐ 0.3 cup curry paste green
- ☐ 2 stalks lemongrass
- ☐ 4 limes halved

- ☐ 6 pounds mussels scrubbed
- ☐ 2 medium onions red thinly sliced
- ☐ 4 tablespoons vegetable oil

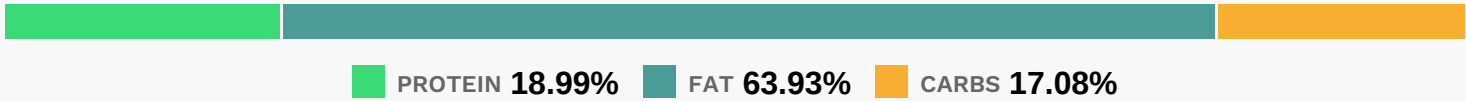
Equipment

- ☐ knife
- ☐ pot

Directions

- ☐ Trim the lemongrass, leaving 6 inches at the root end; discard the tops. Smash the stalks with the flat side of a knife and cut into 1-inch pieces.
- ☐ Heat 2 tablespoons vegetable oil in each of 2 large pots over medium-high heat.
- ☐ Add 1 sliced onion to each and cook, stirring, until soft, about 5 minutes.
- ☐ Add half each of the garlic, lemongrass, ginger and curry paste to each pot and cook, stirring, until golden, about 2 minutes.
- ☐ Add 1 can coconut milk, 2 tablespoons fish sauce and 1/4 cup water to each pot and bring to a simmer. Divide the mussels between the pots; cover and cook, stirring occasionally, until the mussels open, about 8 minutes. (Discard any that do not open.)
- ☐ Add the juice of 2 limes to each pot, then add the lime halves. Stir 1/2 cup cilantro into each.
- ☐ Serve with bread, if desired.
- ☐ Photograph by Anna Williams

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:6.58, Inflammation Score:-9, Nutrition Score:39.413912980453%

Flavonoids

Hesperetin: 19.21mg, Hesperetin: 19.21mg, Hesperetin: 19.21mg, Hesperetin: 19.21mg Naringenin: 1.52mg, Naringenin: 1.52mg, Naringenin: 1.52mg, Naringenin: 1.52mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol:

0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.08mg, Quercetin: 9.08mg, Quercetin: 9.08mg, Quercetin: 9.08mg

Nutrients (% of daily need)

Calories: 664.35kcal (33.22%), Fat: 48.94g (75.29%), Saturated Fat: 32.63g (203.93%), Carbohydrates: 29.42g (9.81%), Net Carbohydrates: 23.78g (8.65%), Sugar: 8.35g (9.28%), Cholesterol: 64.77mg (21.59%), Sodium: 1630.36mg (70.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.71g (65.42%), Manganese: 9.58mg (479.06%), Vitamin B12: 27.82µg (463.62%), Selenium: 114.41µg (163.45%), Iron: 12.71mg (70.59%), Phosphorus: 630.29mg (63.03%), Vitamin C: 41.21mg (49.95%), Vitamin A: 2127.76IU (42.56%), Magnesium: 165.9mg (41.47%), Potassium: 1337.84mg (38.22%), Folate: 142.76µg (35.69%), Copper: 0.69mg (34.4%), Zinc: 4.97mg (33.13%), Vitamin B2: 0.53mg (31.07%), Vitamin B1: 0.45mg (30.1%), Vitamin B3: 5.35mg (26.73%), Vitamin K: 25.79µg (24.56%), Fiber: 5.63g (22.54%), Vitamin B6: 0.33mg (16.48%), Vitamin B5: 1.62mg (16.22%), Vitamin E: 2.42mg (16.13%), Calcium: 136.55mg (13.65%)