



Coconut Curry Mussels



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 lbs mussels cleaned
- ☐ 1 tablespoon vegetable oil
- ☐ 1 onion yellow chopped
- ☐ 1 thai chile good finely chopped (can substitute pinch of chili flakes)
- ☐ 3 teaspoons ginger minced
- ☐ 1.5 tablespoons curry powder
- ☐ 0.5 cup chicken broth
- ☐ 13.5 fl. oz. coconut milk canned

- ☐ 1 pinch salt
- ☐ 1 stalk lemongrass smashed chopped
- ☐ 3 kaffir lime leaves
- ☐ 4 servings cilantro leaves chopped
- ☐ 4 servings lime wedges

Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Place mussels in a bowl of cold water so the mussels will spit out any sand or mud.
- ☐ Let them sit for 10 minutes.
- ☐ Drain and repeat. Toss any mussels that are open as these are dead.
- ☐ Debeard the mussels, pulling out their byssal threads (aka: their "beards") and place them in a bowl of cold water until ready to use.
- ☐ Sauté onions, chiles, ginger, curry powder:
- ☐ Heat the oil in a pot (large enough to hold all of the mussels) on medium high heat and add the onion and stir for a few minutes until they become soft and slightly translucent.
- ☐ Add the chilies, ginger, and curry powder and stir for a minute until fragrant.
- ☐ Add broth and reduce, then add coconut milk, salt, lemon grass, kaffir lime leaves:
- ☐ Add the chicken broth and reduce half.
- ☐ Add the coconut milk, salt, lemongrass and kaffir lime leaves if using and bring to a boil.
- ☐ Drain and add the mussels, reduce heat to medium and cover with a tight fitting lid. Cook for 6–7 minutes until the mussels open.
- ☐ Discard any that are closed as these were dead before cooking. (Some may only be slightly open, if you have to debate on whether it's good to eat or not, toss it.)
- ☐ Spoon mussels into bowls and pour over with broth.
- ☐ Garnish with chopped cilantro and juice from lime wedges.

Nutrition Facts

PROTEIN 16.94% FAT 67.88% CARBS 15.18%

Properties

Glycemic Index:40.25, Glycemic Load:2.79, Inflammation Score:-6, Nutrition Score:25.487391181614%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

Nutrients (% of daily need)

Calories: 384.71kcal (19.24%), Fat: 30.18g (46.43%), Saturated Fat: 22.14g (138.39%), Carbohydrates: 15.19g (5.06%), Net Carbohydrates: 11.71g (4.26%), Sugar: 4.73g (5.26%), Cholesterol: 32.97mg (10.99%), Sodium: 467.61mg (20.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.94g (33.88%), Manganese: 5.19mg (259.63%), Vitamin B12: 13.89µg (231.43%), Selenium: 58.69µg (83.85%), Iron: 7.28mg (40.43%), Phosphorus: 349.26mg (34.93%), Magnesium: 88.03mg (22.01%), Potassium: 748.13mg (21.38%), Copper: 0.42mg (21.11%), Folate: 76.36µg (19.09%), Zinc: 2.77mg (18.46%), Vitamin C: 14.83mg (17.98%), Vitamin B2: 0.28mg (16.48%), Vitamin B1: 0.24mg (15.92%), Vitamin B3: 2.84mg (14.21%), Fiber: 3.48g (13.92%), Vitamin E: 1.59mg (10.63%), Vitamin K: 9.17µg (8.73%), Vitamin B5: 0.81mg (8.05%), Vitamin B6: 0.16mg (7.81%), Calcium: 67.46mg (6.75%), Vitamin A: 223.27IU (4.47%)