



Coconut Lime Mussels



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



276 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups cooking wine dry white
- ☐ 2 tbsp flat-leaf parsley fresh italian minced ()
- ☐ 2 tsp ginger fresh grated peeled
- ☐ 2 garlic cloves minced
- ☐ 2 tsp lemongrass minced
- ☐ 3 tbsp juice of lime fresh
- ☐ 2 lb to 1.2 kg mussels scrubbed
- ☐ 2 tbsp olive oil extra-virgin

- ☐ 2 shallots minced
- ☐ 1 cup coconut milk unsweetened

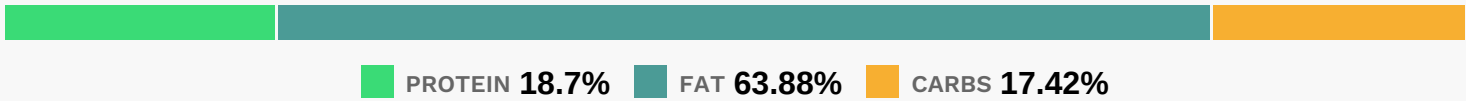
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ wooden spoon

Directions

- ☐ In a large pot, heat the olive oil over medium-high heat.
- ☐ Add the shallots and sauté until translucent, about 2 minutes.
- ☐ Add the garlic, ginger, and lemongrass and stir to mix well. Simmer until fragrant, about 30 seconds. Stir in the lime juice.
- ☐ Add the wine and stir, using a wooden spoon to scrape up any browned bits that have stuck to the bottom of the pot.
- ☐ Bring the wine mixture to a boil and cook for about 2 minutes. Reduce the heat to medium and stir in the coconut milk.
- ☐ Add the mussels to the pot, discarding any that do not close to the touch, and stir gently to coat them with the liquid. Cover and cook until all the shells have opened, about 5 minutes. Discard any mussels that remain closed.
- ☐ Divide the mussels among warmed bowls and ladle in the hot broth.
- ☐ Garnish with the parsley or scallions and serve at once.
- ☐ From Domaine Chandon Cookbook by Jeff Morgan. Text copyright © 2010 by Domaine Chandon; photography © 2010 by France Ruffenach. Published by Chronicle Books LLC.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:2.2, Inflammation Score:-6, Nutrition Score:19.901739099751%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 275.85kcal (13.79%), Fat: 15.95g (24.54%), Saturated Fat: 9.42g (58.86%), Carbohydrates: 9.79g (3.26%), Net Carbohydrates: 8.53g (3.1%), Sugar: 2.92g (3.24%), Cholesterol: 21.59mg (7.2%), Sodium: 232.77mg (10.12%), Alcohol: 8.24g (100%), Alcohol %: 4.73% (100%), Protein: 10.51g (21.01%), Manganese: 3.15mg (157.26%), Vitamin B12: 9.25µg (154.22%), Selenium: 37.36µg (53.38%), Iron: 4.18mg (23.21%), Vitamin K: 24.15µg (23%), Phosphorus: 215.19mg (21.52%), Vitamin C: 12.24mg (14.84%), Potassium: 461.61mg (13.19%), Magnesium: 52.74mg (13.18%), Folate: 45.45µg (11.36%), Zinc: 1.67mg (11.15%), Vitamin B2: 0.18mg (10.57%), Copper: 0.2mg (9.94%), Vitamin B1: 0.15mg (9.87%), Vitamin B3: 1.68mg (8.42%), Vitamin E: 1.19mg (7.92%), Vitamin B6: 0.14mg (6.91%), Vitamin B5: 0.54mg (5.41%), Fiber: 1.25g (5.01%), Vitamin A: 234.27IU (4.69%), Calcium: 41.71mg (4.17%)