



Cook the Book: Curried Mussels

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



612 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 cups rice white cooked
- ☐ 2 tablespoons curry powder
- ☐ 1.5 cups wine dry white
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 3 garlic clove minced
- ☐ 1 pinch ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.7 cup cup heavy whipping cream

- ☐ 6 servings hot sauce store bought
- ☐ 6 servings pepper black freshly ground
- ☐ 6 pounds mussels rinsed scrubbed
- ☐ 3 tablespoons olive oil
- ☐ 3 medium tomatoes cored peeled seeded chopped
- ☐ 2 large onion yellow chopped

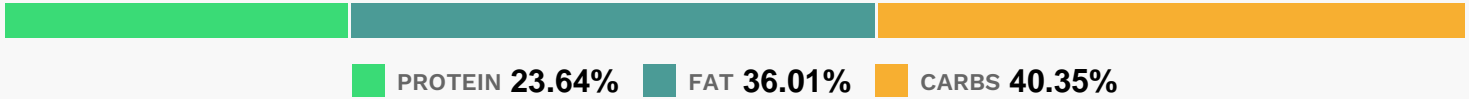
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat the oil in a large skillet over medium heat until it shimmers. Drop in the onions and cook, stirring occasionally, until golden brown, about 15 minutes.
- ☐ Add the garlic and cook for 1 minute more. Stir in two thirds of the tomatoes and cook for 2 minutes.
- ☐ Sprinkle in the curry powder, ginger, and cinnamon and cook, stirring occasionally, until fragrant, about 1 minute. Set aside.
- ☐ Discard any mussels that feel heavy (which means they're full of sand), have broken shells, or don't close when tapped.
- ☐ Pour the wine into a roomy pot. Clatter in the mussels, cover tightly, and cook over high heat, shaking the pan occasionally, until the shells pop open, 7 to 10 minutes. Toss out any mussels that refuse to open, then pluck all but 18 from their shells. Strain the mussel liquid.
- ☐ Add 1 1/2 cups of the mussel liquid to the skillet with the tomato mixture, then add the cream and bring to a boil over high heat to thicken slightly. If you prefer a brothy curry, add more mussel liquid; if it's a creamy curry that you're after, reduce the mixture more. Season with piri-piri sauce, salt, and pepper to taste. Take the pan off the heat and stir in the shelled mussels.
- ☐ Spoon the rice in to 6 bowls and top with the mussels.
- ☐ Garnish each with mussels in their shells, and shower with the remaining tomatoes and the cilantro. Pass the piri-piri sauce at the table.

Nutrition Facts



Properties

Glycemic Index:57.17, Glycemic Load:46.19, Inflammation Score:-9, Nutrition Score:35.546956736109%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 10.63mg, Quercetin: 10.63mg, Quercetin: 10.63mg, Quercetin: 10.63mg

Nutrients (% of daily need)

Calories: 611.84kcal (30.59%), Fat: 22.57g (34.72%), Saturated Fat: 8.22g (51.39%), Carbohydrates: 56.88g (18.96%), Net Carbohydrates: 54g (19.63%), Sugar: 5.23g (5.81%), Cholesterol: 94.66mg (31.55%), Sodium: 682.35mg (29.67%), Alcohol: 6.18g (100%), Alcohol %: 1.37% (100%), Protein: 33.33g (66.67%), Vitamin B12: 27.8µg (463.37%), Manganese: 8.88mg (443.87%), Selenium: 115.27µg (164.67%), Iron: 10.57mg (58.7%), Phosphorus: 577.55mg (57.75%), Vitamin C: 31.6mg (38.3%), Vitamin B2: 0.59mg (34.99%), Zinc: 4.78mg (31.86%), Potassium: 1114.28mg (31.84%), Folate: 124.75µg (31.19%), Vitamin B1: 0.46mg (30.59%), Magnesium: 120.11mg (30.03%), Vitamin A: 1301.87IU (26.04%), Vitamin B3: 4.83mg (24.16%), Vitamin E: 3.36mg (22.43%), Vitamin B6: 0.43mg (21.5%), Copper: 0.39mg (19.64%), Vitamin B5: 1.89mg (18.93%), Calcium: 127.23mg (12.72%), Vitamin K: 13.2µg (12.57%), Fiber: 2.88g (11.52%), Vitamin D: 0.42µg (2.82%)