



Curried Coconut Mussels



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup basil divided
- ☐ 1 teaspoon t brown sugar dark
- ☐ 0.5 cup wine dry white
- ☐ 1 tablespoon ginger fresh peeled finely chopped
- ☐ 2 garlic clove minced
- ☐ 1 jalapeno chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 cup lite coconut milk light

- ☐ 3 tablespoons juice of lime fresh
- ☐ 4 lime wedges
- ☐ 2 pounds mussels scrubbed (60)
- ☐ 1 tablespoon olive oil
- ☐ 2 cups onion chopped
- ☐ 2 teaspoons curry paste red

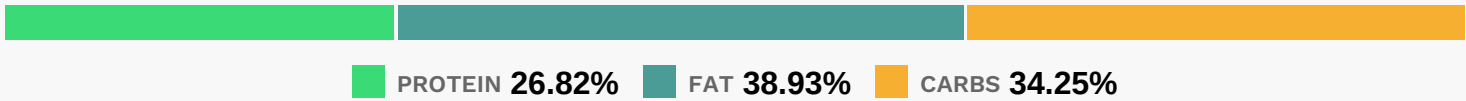
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat a large Dutch oven over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion, ginger, garlic, and jalapeo; saut 3 minutes, stirring frequently. Stir in curry paste; cook 30 seconds, stirring constantly.
- ☐ Add coconut milk, wine, sugar, and salt; bring to a boil. Cook 2 minutes. Stir in mussels; cover and cook 5 minutes or until mussels open. Discard any unopened shells. Stir in 1/2 cup basil and juice. Divide mussels mixture evenly among 4 bowls, and spoon the coconut mixture evenly over mussels.
- ☐ Sprinkle each serving with 1 tablespoon remaining basil; serve with lime wedges.
- ☐ Wine Match: Columbia Winery Cellarmaster's Riesling, Columbia Valley (\$10), has a dense texture and honey-sweet flavor that's balanced with spice and mineral notes. Tart lime cuts through the rich coconutty broth of the mussels.Julianna Grimes

Nutrition Facts



Properties

Glycemic Index:67.75, Glycemic Load:4.6, Inflammation Score:-8, Nutrition Score:24.552173718162%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 8.87mg, Hesperetin: 8.87mg, Hesperetin: 8.87mg, Hesperetin: 8.87mg Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 16.58mg, Quercetin: 16.58mg, Quercetin: 16.58mg, Quercetin: 16.58mg

Nutrients (% of daily need)

Calories: 249.25kcal (12.46%), Fat: 9.79g (15.06%), Saturated Fat: 4.43g (27.69%), Carbohydrates: 19.38g (6.46%), Net Carbohydrates: 17.14g (6.23%), Sugar: 5.52g (6.14%), Cholesterol: 32.39mg (10.8%), Sodium: 524.26mg (22.79%), Alcohol: 3.09g (100%), Alcohol %: 1.21% (100%), Protein: 15.18g (30.36%), Vitamin B12: 13.88µg (231.33%), Manganese: 4.16mg (207.98%), Selenium: 52.6µg (75.14%), Vitamin C: 29.51mg (35.77%), Iron: 5.22mg (28.98%), Phosphorus: 267.64mg (26.76%), Vitamin K: 22.19µg (21.13%), Folate: 70.9µg (17.72%), Vitamin A: 870.28IU (17.41%), Vitamin B2: 0.28mg (16.61%), Potassium: 576.38mg (16.47%), Vitamin B1: 0.24mg (15.86%), Magnesium: 56.93mg (14.23%), Zinc: 2.12mg (14.11%), Vitamin B6: 0.22mg (11.21%), Vitamin B3: 2.14mg (10.69%), Vitamin E: 1.39mg (9.25%), Copper: 0.18mg (9.19%), Fiber: 2.24g (8.95%), Vitamin B5: 0.78mg (7.77%), Calcium: 74.52mg (7.45%)