



Curried Mussel Pilaf



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



479 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.5 cup celery sliced
- ☐ 5 cups rice long-grain hot cooked
- ☐ 2 tablespoons roasted peanuts chopped
- ☐ 2 tablespoons basil fresh minced
- ☐ 3 garlic clove minced
- ☐ 0.3 cup spring onion thinly sliced
- ☐ 3 tablespoons lite coconut milk light

- ☐ 2 tablespoons juice of lime fresh
- ☐ 2.3 pounds mussels scrubbed
- ☐ 2 teaspoons olive oil
- ☐ 1 cup peas green frozen thawed
- ☐ 0.3 teaspoon hot sauce hot
- ☐ 1 tablespoons curry paste red
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups water
- ☐ 0.3 cup water chestnuts drained sliced chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Bring water to a boil in a large Dutch oven.
- ☐ Add mussels; cover and cook 3 minutes or until shells open.
- ☐ Remove from heat, and discard any unopened shells. Cool mussels.
- ☐ Remove meat from shells, and discard shells.
- ☐ Combine meat and lime juice in a bowl; set aside.
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add garlic; saut 1 minute. Stir in curry paste; saut 1 minute. Stir in rice and next 5 ingredients (rice through milk); cook 2 minutes or until thoroughly heated. Stir in peanuts, basil, salt, pepper sauce, and black pepper.
- ☐ Place 1 1/2 cups rice mixture on each of 4 plates; top with 1/2 cup mussels.
- ☐ Garnish with lime wedges, if desired.

Nutrition Facts



 **PROTEIN 21.1%**  **FAT 17.51%**  **CARBS 61.39%**

Properties

Glycemic Index:99.83, Glycemic Load:63.96, Inflammation Score:-8, Nutrition Score:31.652173830115%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 478.76kcal (23.94%), Fat: 9.16g (14.09%), Saturated Fat: 2.26g (14.16%), Carbohydrates: 72.23g (24.08%), Net Carbohydrates: 67.77g (24.64%), Sugar: 3.43g (3.81%), Cholesterol: 36.43mg (12.14%), Sodium: 576.84mg (25.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.83g (49.66%), Manganese: 5.73mg (286.37%), Vitamin B12: 15.61µg (260.25%), Selenium: 74.71µg (106.73%), Phosphorus: 414.53mg (41.45%), Iron: 6.69mg (37.14%), Vitamin C: 30.39mg (36.84%), Vitamin K: 31.34µg (29.85%), Folate: 101.78µg (25.44%), Zinc: 3.77mg (25.16%), Vitamin A: 1252.58IU (25.05%), Vitamin B1: 0.38mg (25.02%), Magnesium: 94.89mg (23.72%), Vitamin B3: 4.57mg (22.83%), Vitamin B2: 0.37mg (21.96%), Copper: 0.41mg (20.74%), Potassium: 710.83mg (20.31%), Vitamin B6: 0.4mg (20.19%), Fiber: 4.47g (17.86%), Vitamin B5: 1.62mg (16.21%), Calcium: 93.25mg (9.33%), Vitamin E: 1.34mg (8.9%)