



Curried Mussels a la Jean-Georges

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon curry powder
- ☐ 1 tablespoon squeezed lemon juice fresh
- ☐ 4 pound mussels scrubbed
- ☐ 4 servings salt and pepper white to taste
- ☐ 2 shallots minced
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 2 tablespoon butter unsalted
- ☐ 0.5 cup white wine such as riesling sweet

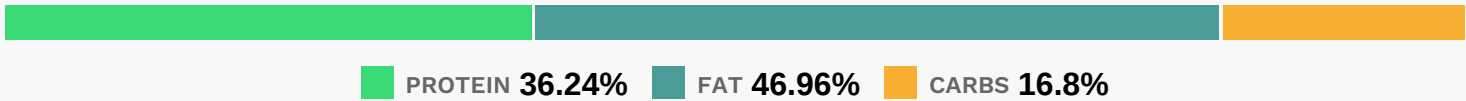
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Place the butter butter in saucepan large enough to hold all the mussels. Turn the heat to medium. Once the butter melts, add the shallots and cook about 3 minutes, stirring occasionally.
- ☐ Add the white wine and mussels, bring the heat to high, and cover. Cook, shaking the pan occasionally, until the mussels open, about 8 minutes.
- ☐ Remove the mussels with a slotted spoon.Strain the liquid into a bowl, wipe out the pan, then return the liquid to the clean (grit free) pan. Bring to a boil, add the sour cream and the curry powder. Reduce heat to a simmer, add the lemon juice and cook about 3 more minutes. Taste and adjust seasoning with salt and white pepper or a bit more curry powder. Do not add so much curry as to overly define the sauce. Nuance is your goal. Return the mussels to the pot and gently reheat.
- ☐ Transfer to a serving bowl and serve.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:4.9, Inflammation Score:-8, Nutrition Score:29.545652304007%

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: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg

0.17mg, Naringenin: 0.17mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 342.11kcal (17.11%), Fat: 16.53g (25.43%), Saturated Fat: 7.5g (46.86%), Carbohydrates: 13.3g (4.43%), Net Carbohydrates: 12.72g (4.63%), Sugar: 2.36g (2.63%), Cholesterol: 96.79mg (32.26%), Sodium: 868.38mg (37.76%), Alcohol: 3.09g (100%), Alcohol %: 1.25% (100%), Protein: 28.7g (57.4%), Vitamin B12: 27.83µg (463.87%), Manganese: 7.96mg (398.14%), Selenium: 105.04µg (150.06%), Iron: 9.54mg (53.02%), Phosphorus: 494.2mg (49.42%), Vitamin B2: 0.55mg (32.08%), Folate: 105.16µg (26.29%), Zinc: 3.91mg (26.07%), Vitamin B1: 0.39mg (25.83%), Vitamin C: 21.27mg (25.79%), Potassium: 852.55mg (24.36%), Magnesium: 88.79mg (22.2%), Vitamin B3: 3.81mg (19.05%), Vitamin A: 729.83IU (14.6%), Vitamin B5: 1.32mg (13.16%), Copper: 0.24mg (12.04%), Vitamin E: 1.66mg (11.1%), Calcium: 100.92mg (10.09%), Vitamin B6: 0.19mg (9.66%), Fiber: 0.58g (2.31%), Vitamin K: 1.87µg (1.78%)