



Curried Mussels with Oven Frites



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



697 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup carrots diced ()
- ☐ 0.5 cup celery diced ()
- ☐ 0.3 cup crème fraîche sour
- ☐ 0.5 teaspoon curry powder
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1.5 cups cooking wine dry white
- ☐ 1.5 pounds mussels scrubbed
- ☐ 1 tablespoon olive oil

- ☐ 0.5 cup onion diced ()
- ☐ 0.5 teaspoon paprika
- ☐ 0.1 teaspoon pepper
- ☐ 20 oz russet potatoes
- ☐ 0.3 teaspoon salt
- ☐ 1 cup firm-ripe tomatoes diced canned chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ spatula

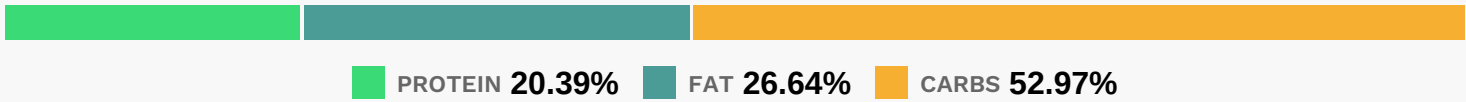
Directions

- ☐ Coat a 10- by 15-inch pan generously with cooking oil spray. Peel potatoes and cut lengthwise into 1/4-inch-thick sticks. In pan, mix potatoes with 1/2 tablespoon olive oil.
- ☐ Sprinkle with 1/4 teaspoon paprika, 1/4 teaspoon salt, and 1/8 teaspoon pepper; mix and spread level.
- ☐ Bake in a 450 degree regular or convection oven, turning occasionally with a wide spatula, until potatoes are crisp and browned on the outside and tender to bite on the inside, 25 to 30 minutes.
- ☐ Meanwhile, in a 4- to 5-quart pan over high heat, stir onion, carrots, celery, thyme, curry powder, and remaining 1/4 teaspoon paprika in remaining 1/2 tablespoon olive oil until vegetables are limp, about 5 minutes.
- ☐ Add wine and tomatoes and their juices; boil, stirring occasionally, to blend flavors, about 5 minutes. Stir in crme frache and season to taste with salt and pepper.
- ☐ Discard any gaping mussels that don't close when you tap their shells.
- ☐ Add mussels to pan; cover and cook until shells pop open, 8 to 10 minutes.
- ☐ Ladle mussels and broth into wide bowls.

☐

Serve with oven frites.

Nutrition Facts



Properties

Glycemic Index:153.79, Glycemic Load:46.18, Inflammation Score:-10, Nutrition Score:48.008695768273%

Flavonoids

Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg

Nutrients (% of daily need)

Calories: 696.67kcal (34.83%), Fat: 17.16g (26.4%), Saturated Fat: 4.77g (29.82%), Carbohydrates: 76.79g (25.6%), Net Carbohydrates: 69.46g (25.26%), Sugar: 10.94g (12.16%), Cholesterol: 65.54mg (21.85%), Sodium: 1035.36mg (45.02%), Alcohol: 18.54g (100%), Alcohol %: 2.63% (100%), Protein: 29.56g (59.12%), Vitamin B12: 20.88µg (348%), Manganese: 6.84mg (341.97%), Vitamin A: 6321.42IU (126.43%), Selenium: 80.69µg (115.28%), Vitamin B6: 1.43mg (71.44%), Potassium: 2376.1mg (67.89%), Iron: 11.81mg (65.6%), Phosphorus: 607.64mg (60.76%), Vitamin C: 47.28mg (57.3%), Magnesium: 171.82mg (42.95%), Vitamin B1: 0.63mg (41.86%), Vitamin B2: 0.65mg (38.34%), Folate: 150.18µg (37.54%), Vitamin B3: 7.31mg (36.54%), Copper: 0.6mg (30.04%), Vitamin K: 31.3µg (29.81%), Fiber: 7.33g (29.32%), Zinc: 4.31mg (28.76%), Vitamin E: 3.48mg (23.19%), Vitamin B5: 2.25mg (22.53%), Calcium: 203.33mg (20.33%)