



 **61%**
HEALTH SCORE

Dinner for Two: Coconutty Mussels with Ginger, Lemongrass, Chili, and Cilantro on Rice Noodles

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



1197 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 can coconut milk
- 1 pepper flakes thinly sliced
- 1 small bunch cilantro leaves fresh
- 1 inch ginger fresh peeled
- 2 servings kosher salt
- 1 stalk lemon grass fresh

- 1 tablespoon juice of lime
- 2 pounds mussels (buy them de-bearded and scrubbed: usually that's how they come)
- 10 ounce vermicelli dried hot for 10 minutes
- 0.3 cup water

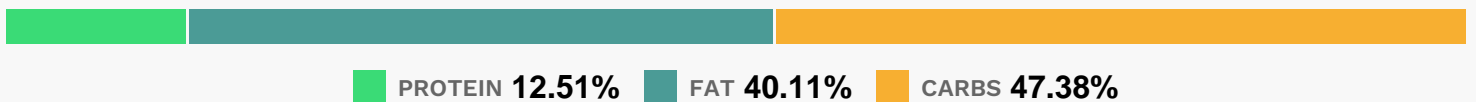
Equipment

- bowl
- knife
- pot
- peeler

Directions

- Heat the coconut milk and water into a large stockpot over low heat. Meanwhile, slice the ginger into rounds. Halve the lemongrass, and beat it with the dull side of the knife to release its flavor. Tear the leaves from the cilantro stalks. Peel three strips of zest from the lime with a vegetable peeler.
- Add the ginger, lemongrass, cilantro stalks (reserve the leaves for later), and lime zest to the coconut milk. Raise the heat to high, bring the coconut milk mixture to a boil, then lower the heat all the way down to the lowest setting. Cover the pot and steep the broth for 25 minutes.
- Raise the heat to high and add the chilies and mussels. Cover and cook, stirring occasionally, until all the mussels open 3 to 5 minutes. Season to taste with salt and stir in the roughly chopped cilantro leaves.
- Divide the noodles between two serving bowls, then divide the mussels and broth over the noodles.
- Serve immediately with lime wedges

Nutrition Facts



Properties

Glycemic Index:100, Glycemic Load:72.22, Inflammation Score:-9, Nutrition Score:42.242174190024%

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 Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 1196.93kcal (59.85%), Fat: 53.76g (82.71%), Saturated Fat: 43.43g (271.42%), Carbohydrates: 142.89g (47.63%), Net Carbohydrates: 135.67g (49.33%), Sugar: 8.09g (8.99%), Cholesterol: 64.77mg (21.59%), Sodium: 1150.27mg (50.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.72g (75.44%), Manganese: 10.86mg (543.2%), Vitamin B12: 27.76µg (462.66%), Selenium: 137.67µg (196.68%), Phosphorus: 894.01mg (89.4%), Iron: 14.35mg (79.75%), Vitamin C: 60.14mg (72.9%), Copper: 0.93mg (46.72%), Magnesium: 182.88mg (45.72%), Zinc: 6.36mg (42.39%), Potassium: 1479.64mg (42.28%), Folate: 147.83µg (36.96%), Vitamin B1: 0.49mg (32.84%), Vitamin B2: 0.55mg (32.24%), Vitamin B3: 5.98mg (29.89%), Fiber: 7.22g (28.87%), Vitamin A: 858.45IU (17.17%), Vitamin B6: 0.34mg (16.86%), Vitamin B5: 1.68mg (16.83%), Vitamin K: 16.03µg (15.27%), Calcium: 131.28mg (13.13%), Vitamin E: 1.85mg (12.35%)