



Fragrant Thai Mussels

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 servings top gluten-free toasted (wheat or)
- ☐ 1 tablespoon panang paste red (found in Asian isle)
- ☐ 325 mL lite so delicious dairy free culinary coconut milk
- ☐ 2 tablespoons flat parsley fresh chopped
- ☐ 3 cloves garlic pressed
- ☐ 1 inch ginger minced peeled finely
- ☐ 1 stalk lemon grass with the back of a knife along the stem, then cut into 2-inch pieces
- ☐ 1 lime zest juiced cut in half and ; reserve halves

- ☐ 4 pounces mussels scrubbed well
- ☐ 2 shallots finely chopped
- ☐ 3 tablespoons vegetable oil

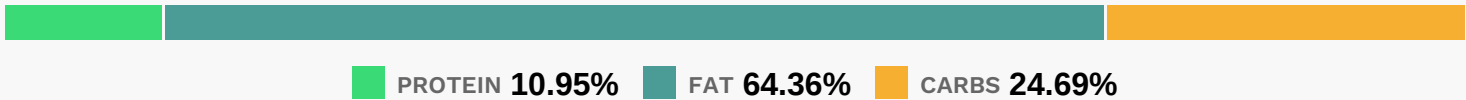
Equipment

- ☐ frying pan
- ☐ wok
- ☐ tongs

Directions

- ☐ Preheat a wok or skillet on high.
- ☐ Add the oil and sauté the shallots, lemon grass, garlic and ginger until fragrant,about 1 minute.
- ☐ Add the panang paste and incorporate.
- ☐ Add coconut milk, 2 halves of squeezed lime and 1/2 of zest, stir to cook and blend flavors, reducing heat to medium-low and simmering for 3–4 minutes.Quickly add mussels, stir to begin to release juices and to coat with sauce, bring to a boil.
- ☐ Place lid on, reduce heat to medium, and cook for 5 minutes. Check to see if mussels are open and stir.When all mussels have opened add remaining zest and juice. Stir to allow sauce to coat mussels.Discard any unopened mussels, lemon grass stalk, and the lime shells, squeezing out any remaining juices with tongs.
- ☐ Garnish each plate with cilantro/parsley and add toasted bread to soak up sauce.

Nutrition Facts



Properties

Glycemic Index:90.98, Glycemic Load:3.09, Inflammation Score:-6, Nutrition Score:12.814347707707%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol:

0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 168kcal (8.4%), Fat: 12.38g (19.05%), Saturated Fat: 1.82g (11.4%), Carbohydrates: 10.69g (3.56%), Net Carbohydrates: 9.09g (3.31%), Sugar: 3.7g (4.11%), Cholesterol: 2.28mg (0.76%), Sodium: 232.2mg (10.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.48%), Vitamin K: 53.06µg (50.53%), Vitamin B12: 1.86µg (30.97%), Manganese: 0.6mg (29.89%), Vitamin E: 2.99mg (19.92%), Vitamin C: 15.91mg (19.28%), Vitamin B3: 3.04mg (15.2%), Vitamin B6: 0.29mg (14.41%), Calcium: 138.23mg (13.82%), Vitamin B2: 0.21mg (12.27%), Folate: 43.1µg (10.78%), Vitamin A: 513.05IU (10.26%), Selenium: 6.68µg (9.54%), Iron: 1.6mg (8.87%), Copper: 0.17mg (8.61%), Potassium: 263.8mg (7.54%), Vitamin D: 0.97µg (6.48%), Vitamin B1: 0.1mg (6.41%), Fiber: 1.59g (6.37%), Phosphorus: 43.38mg (4.34%), Zinc: 0.65mg (4.33%), Magnesium: 13.33mg (3.33%), Vitamin B5: 0.16mg (1.58%)