



Fried Beer-Battered Mussels with Two Sauces

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



628 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon curry powder
- ☐ 1 cup beer dark (not)
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons cilantro leaves fresh finely chopped
- ☐ 8 servings lemon wedges
- ☐ 2 teaspoons juice of lime fresh
- ☐ 1 cup mayonnaise
- ☐ 2 pounds mussels steamed cleaned (preferably cultivated)

- ☐ 3 tablespoons mustard coarse-grained
- ☐ 1.5 quarts vegetable oil for frying

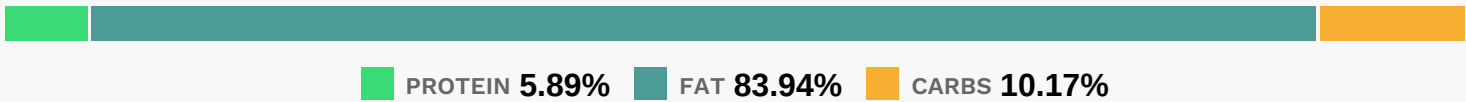
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Put 1/2 cup mayonnaise into each of 2 small serving bowls and whisk mustard into 1 bowl.
- ☐ Whisk cilantro, lime juice, and curry powder into other bowl. Season dipping sauces with salt and pepper and keep chilled, covered.
- ☐ Whisk beer into flour in a bowl until combined well.
- ☐ Heat oil in a 4-quart heavy saucepan over moderate heat until thermometer registers 375°F.
- ☐ While oil is heating, pat mussels dry between layers of paper towels, pressing lightly.
- ☐ Dredge 10 mussels in batter, letting excess drip off, and fry in oil, stirring, until golden brown, 1 to 2 minutes.
- ☐ Transfer mussels as fried with a slotted spoon to paper towels to drain, then season with salt. Fry remaining mussels in batches in same manner, returning oil to 375°F between batches.
- ☐ Serve mussels immediately, with dipping sauces.

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:10.23, Inflammation Score:-6, Nutrition Score:22.163478307102%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 627.88kcal (31.39%), Fat: 58.09g (89.37%), Saturated Fat: 8.98g (56.1%), Carbohydrates: 15.84g (5.28%), Net Carbohydrates: 15.1g (5.49%), Sugar: 0.33g (0.37%), Cholesterol: 27.95mg (9.32%), Sodium: 406.73mg (17.68%), Alcohol: 1.15g (100%), Alcohol %: 0.46% (100%), Protein: 9.17g (18.35%), Vitamin B12: 6.98µg (116.32%), Vitamin K: 111.53µg (106.22%), Manganese: 2.11mg (105.35%), Selenium: 33.97µg (48.52%), Vitamin E: 4.2mg (28.02%), Iron: 3.22mg (17.87%), Vitamin B1: 0.23mg (15.41%), Phosphorus: 147.71mg (14.77%), Folate: 56.94µg (14.23%), Vitamin B2: 0.22mg (12.7%), Vitamin B3: 2.04mg (10.19%), Zinc: 1.12mg (7.49%), Magnesium: 28.37mg (7.09%), Vitamin C: 5.6mg (6.78%), Potassium: 229.08mg (6.55%), Copper: 0.09mg (4.49%), Vitamin B5: 0.44mg (4.39%), Fiber: 0.74g (2.96%), Vitamin B6: 0.06mg (2.92%), Calcium: 25.44mg (2.54%), Vitamin A: 123.55IU (2.47%)