



Goan mussels



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 kg mussels fresh
- ☐ 4 servings unrefined sunflower oil for frying
- ☐ 1 onion chopped
- ☐ 1 piece ginger grated
- ☐ 4 garlic clove crushed
- ☐ 2 to 2 chilies slit green chopped
- ☐ 1 tsp mustard seeds shopping list black
- ☐ 0.5 tsp turmeric

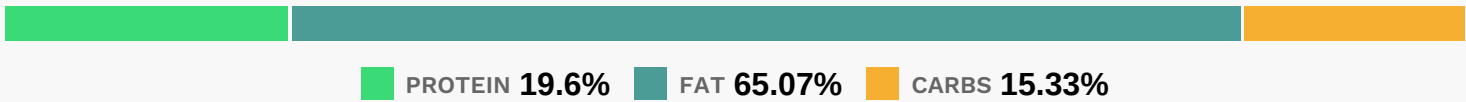
- ☐ 2 tsp ground cumin
- ☐ 2 tsp ground coriander
- ☐ 400 ml coconut milk
- ☐ 1 sprigs cilantro leaves
- ☐ 4 servings lime wedges

Equipment

Directions

- ☐ Remove the beards, then wash the mussels well in cold water. Refresh the water and repeat until it is clear. Discard any mussels that are broken or stay open when tapped.
- ☐ Heat the oil in a flameproof casserole. Fry the onion until very lightly brown, then add the ginger, garlic, chillies, spices, a good pinch of salt and a grinding of pepper. Cook for 2–3 mins until fragrant and toasted.
- ☐ Pour in the coconut milk and bring to the boil, then simmer for a few mins to get everything mixed together.
- ☐ Tip the mussels into the dish, cover, turn up the heat to maximum and boil for 3–4 mins until the mussels have just opened. Scatter over the coriander sprigs and serve with lime wedges for squeezing over.

Nutrition Facts



Properties

Glycemic Index:73.25, Glycemic Load:5.89, Inflammation Score:-9, Nutrition Score:26.004782666331%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg

Nutrients (% of daily need)

Calories: 355.9kcal (17.8%), Fat: 26.68g (41.05%), Saturated Fat: 18.95g (118.42%), Carbohydrates: 14.14g (4.71%), Net Carbohydrates: 12.19g (4.43%), Sugar: 2.06g (2.29%), Cholesterol: 35.7mg (11.9%), Sodium: 456.27mg (19.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.09g (36.17%), Manganese: 5.24mg (262.25%), Vitamin B12: 15.3µg (255%), Selenium: 59.05µg (84.35%), Iron: 9.29mg (51.63%), Phosphorus: 370.03mg (37%), Magnesium: 100.76mg (25.19%), Vitamin C: 17.73mg (21.49%), Potassium: 721.43mg (20.61%), Copper: 0.38mg (19.04%), Zinc: 2.8mg (18.66%), Folate: 73.87µg (18.47%), Vitamin B1: 0.26mg (17.18%), Vitamin B2: 0.29mg (16.94%), Vitamin B3: 2.83mg (14.13%), Vitamin E: 1.95mg (12.98%), Vitamin B6: 0.18mg (8.8%), Vitamin B5: 0.85mg (8.48%), Calcium: 80.61mg (8.06%), Fiber: 1.95g (7.81%), Vitamin A: 255.66IU (5.11%), Vitamin K: 2.29µg (2.18%)