



Grilled Mussels with Cilantro Bath



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 small radishes thinly sliced
- ☐ 1 tablespoon champagne vinegar
- ☐ 4 pepper flakes
- ☐ 1 bunch cilantro leaves ends trimmed chopped
- ☐ 6 cucumber halved lengthwise
- ☐ 1 teaspoon ginger fresh minced
- ☐ 3 large garlic clove
- ☐ 0.5 teaspoon kosher salt

- ☐ 4 pounds mussels scrubbed
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 teaspoon sugar

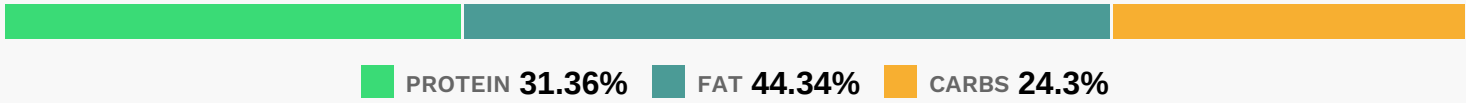
Equipment

- ☐ bowl
- ☐ blender
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat a grill to high (450 to 550). In a blender, whirl together ginger, garlic, vinegar, sugar, cilantro, oil, salt, and 1/4 cup water until very smooth.
- ☐ Pour into a large bowl; set aside.
- ☐ Arrange mussels evenly on cooking grates. Grill, covered, until half the mussels start to open, about 2 minutes. Starting with mussels that have opened the widest, quickly transfer them to the large bowl, being careful not to spill juices from inside shells, and continuing until remaining mussels open. (Discard any that stay closed.) Cover bowl with foil to keep warm.
- ☐ Grill chiles until slightly charred, turning often, 3 minutes. Slice into very thin rings. Grill cucumbers on cut side just until marks appear, about 3 minutes.
- ☐ Set 2 cucumber halves in each of 6 large, shallow bowls. Spoon mussels and cilantro bath over cucumbers.
- ☐ Sprinkle with radishes and chiles.
- ☐ *Corno di Toro chiles, often called "bull's horn," are long, sweet Italian peppers sometimes sold at farmers' markets.

Nutrition Facts



Properties

Glycemic Index:48.18, Glycemic Load:5.12, Inflammation Score:-8, Nutrition Score:33.400869867076%

Flavonoids

Pelargonidin: 1.05mg, Pelargonidin: 1.05mg, Pelargonidin: 1.05mg, Pelargonidin: 1.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 266.31kcal (13.32%), Fat: 13.09g (20.13%), Saturated Fat: 1.95g (12.2%), Carbohydrates: 16.15g (5.38%), Net Carbohydrates: 13.49g (4.91%), Sugar: 6.46g (7.18%), Cholesterol: 43.18mg (14.39%), Sodium: 645.51mg (28.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.83g (41.65%), Vitamin B12: 18.51µg (308.44%), Manganese: 5.55mg (277.65%), Selenium: 69.78µg (99.69%), Vitamin C: 66.15mg (80.18%), Iron: 7.18mg (39.9%), Phosphorus: 383.3mg (38.33%), Vitamin K: 35.55µg (33.86%), Potassium: 1017.46mg (29.07%), Folate: 115µg (28.75%), Vitamin B2: 0.43mg (25.26%), Vitamin B1: 0.37mg (24.37%), Magnesium: 96.47mg (24.12%), Zinc: 3.09mg (20.58%), Copper: 0.41mg (20.31%), Vitamin B6: 0.4mg (20.21%), Vitamin A: 838.58IU (16.77%), Vitamin E: 2.48mg (16.51%), Vitamin B5: 1.57mg (15.71%), Vitamin B3: 2.98mg (14.92%), Fiber: 2.65g (10.61%), Calcium: 90.74mg (9.07%)