



## Grilled Mussels with Curry Butter

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



196 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons butter softened
- 1 teaspoon curry powder
- 0.3 cup parsley fresh chopped
- 2 cloves garlic pressed
- 0.5 teaspoon ground cumin
- 1 lime cut into 4 wedges
- 2 pounds mussels scrubbed
- 1 cup bell pepper red chopped

0.1 teaspoon salt

## Equipment

bowl

oven

whisk

grill

aluminum foil

## Directions

Preheat an outdoor grill for high medium-heat and lightly oil grate.

Whisk together the butter, garlic, curry powder, cumin, and salt in a small bowl.

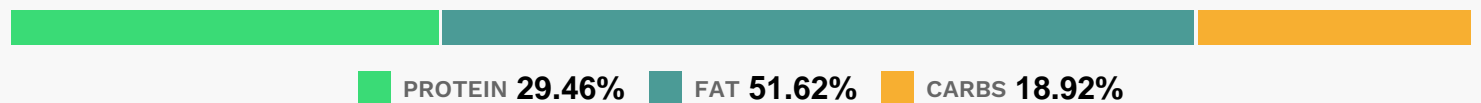
Arrange four large sheets of aluminum foil on a flat surface. Divide the mussels into four even portions and place one portion on each piece of foil. Dot the mussels with the curry mixture.

Sprinkle the red bell pepper and parsley over the top of each portion. Top each with lime slices. Wrap foil tightly around the portions.

Cook the packets on the preheated grill until the mussels have opened, 5 to 10 minutes. Discard any mussels which do not open.

Transfer the mussels to small bowls and garnish each with a lime wedge to serve.

## Nutrition Facts



## Properties

Glycemic Index:59, Glycemic Load:3.2, Inflammation Score:-9, Nutrition Score:28.793043468309%

## 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: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

## Nutrients (% of daily need)

Calories: 195.62kcal (9.78%), Fat: 11.41g (17.56%), Saturated Fat: 5.94g (37.1%), Carbohydrates: 9.41g (3.14%), Net Carbohydrates: 7.82g (2.84%), Sugar: 1.92g (2.13%), Cholesterol: 54.96mg (18.32%), Sodium: 475.85mg (20.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.65g (29.31%), Vitamin B12: 13.9µg (231.63%), Manganese: 4.04mg (201.84%), Vitamin C: 67.34mg (81.62%), Selenium: 52.34µg (74.78%), Vitamin K: 64.81µg (61.73%), Vitamin A: 1946.27IU (38.93%), Iron: 5.4mg (30.02%), Phosphorus: 250.54mg (25.05%), Folate: 73.91µg (18.48%), Vitamin B2: 0.29mg (17%), Vitamin B1: 0.22mg (14.65%), Potassium: 507.32mg (14.49%), Zinc: 2.06mg (13.74%), Magnesium: 49.45mg (12.36%), Vitamin B3: 2.34mg (11.71%), Vitamin E: 1.65mg (11.02%), Vitamin B6: 0.2mg (10.13%), Vitamin B5: 0.77mg (7.68%), Copper: 0.14mg (7.12%), Fiber: 1.6g (6.39%), Calcium: 53.38mg (5.34%)