



Innkeeper's Mussel Chowder

READY IN



45 min.

SERVINGS



8

CALORIES



1382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 28 oz tomato sauce canned
- 3 oz celery
- 2 teaspoons curry powder
- 1.5 teaspoons basil dried
- 1 cup cooking wine dry white
- 0.5 lb onion
- 1 pound thin-skinned potatoes
- 8 servings salt and pepper

- 5 pounds mussels in shells
- 2 cups whipping cream

Equipment

- bowl
- frying pan
- ladle
- colander

Directions

- Scrub mussels in cool water and pull off beards; discard any whose shells don't close when tapped. In an 8- to 10-quart pan, combine mussels and wine; bring to a boil over high heat. Cover and simmer over medium heat until mussels open, 5 to 8 minutes.
- Pour into a colander set in a large bowl to collect juices.
- Let mussels stand until cool enough to touch.
- Meanwhile, peel potatoes and cut into 1/2-inch cubes. Peel and chop onion. Rinse celery and cut into 1/2-inch pieces.
- In the pan used for mussels, melt butter over medium heat.
- Add onion and celery; stir often until onion is limp, 6 to 8 minutes.
- Add curry powder and basil; stir until spices become more fragrant, about 30 seconds.
- Pour mussel juices from bowl into pan.
- Add tomato sauce, cream, and potatoes. Turn heat to high; when mixture is boiling, cover, reduce heat to low, and simmer, stirring occasionally, until flavors are well blended, about 30 minutes.
- Meanwhile, remove mussels from shells; discard shells.
- Add mussels to soup; cover and simmer just until mussels are hot, 3 to 5 minutes.
- Add salt and pepper to taste. Ladle into bowls.

Nutrition Facts



■ PROTEIN 12.24% ■ FAT 19.32% ■ CARBS 68.44%

Properties

Glycemic Index:20.75, Glycemic Load:87.55, Inflammation Score:-9, Nutrition Score:33.418695662333%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg

Nutrients (% of daily need)

Calories: 1382.23kcal (69.11%), Fat: 29.08g (44.74%), Saturated Fat: 15.15g (94.67%), Carbohydrates: 231.82g (77.27%), Net Carbohydrates: 219.4g (79.78%), Sugar: 15.22g (16.91%), Cholesterol: 67.24mg (22.41%), Sodium: 751.94mg (32.69%), Alcohol: 3.09g (100%), Alcohol %: 0.68% (100%), Protein: 41.46g (82.93%), Selenium: 182.14µg (260.2%), Manganese: 2.91mg (145.47%), Phosphorus: 650.93mg (65.09%), Copper: 1.04mg (52%), Fiber: 12.41g (49.65%), Magnesium: 191.49mg (47.87%), Potassium: 1345.88mg (38.45%), Vitamin B6: 0.68mg (34.12%), Vitamin B3: 6.62mg (33.09%), Zinc: 4.68mg (31.18%), Iron: 5.59mg (31.06%), Vitamin A: 1488.08IU (29.76%), Vitamin B1: 0.36mg (23.69%), Vitamin B2: 0.39mg (22.78%), Folate: 83.44µg (20.86%), Vitamin B5: 1.92mg (19.17%), Vitamin C: 14.67mg (17.78%), Vitamin E: 2.57mg (17.11%), Calcium: 139.6mg (13.96%), Vitamin K: 13.67µg (13.02%), Vitamin D: 0.95µg (6.35%), Vitamin B12: 0.1µg (1.64%)