






 **92%**  
HEALTH SCORE

# John Besh's Mussel & Swiss Chard Soup Recipe

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN  
  
**40 min.**

SERVINGS  
  
**6**

CALORIES  
  
**204 kcal**

**LUNCH** **MAIN COURSE** **MAIN DISH** **DINNER**

## Ingredients

- 6 servings pepper black freshly ground
- 2 cups chicken stock see
- 1 cup wine dry white
- 2 sprigs thyme sprigs fresh
- 4 cloves garlic chopped
- 1 leek washed and thinly sliced
- 3 pounds mussels

- 1 tablespoon olive oil
- 6 servings salt
- 1 bunch swiss chard shredded

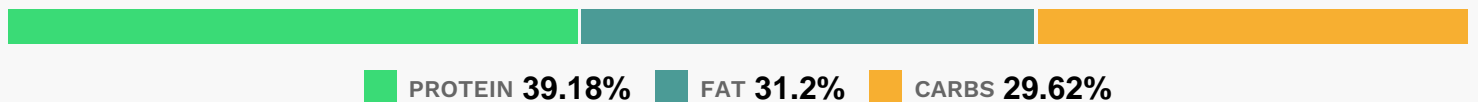
## Equipment

- bowl
- pot
- slotted spoon

## Directions

- Rinse and scrub the mussels under cold running water and debeard them by pulling off their hanging threads. Discard any cracked mussels.
- Heat the oil in a large, heavy-bottomed pot over medium-high heat.
- Add the leeks and garlic and cook until soft, about 5 minutes. Deglaze the pot with the white wine and chicken stock and bring to a boil.
- Add the thyme and mussels and season with salt and pepper. Cover and steam just until they open, about 2 minutes. With a slotted spoon, transfer the mussels to a bowl.
- Add the Swiss chard to the pot and bring the soup to a simmer. Cook, stirring occasionally, for about 5 minutes. When you're ready to serve, drop the mussels back into the pot and warm the soup. Try out these soup recipes on Food Republic: [Crookneck Squash And Corn Soup](#) [With Humboldt Fog Recipe](#)
- [Rustic Tuscan Bean And Sausage Soup Recipe](#)
- [James Beard's Garlic Soup Recipe](#)

## Nutrition Facts



## Properties

Glycemic Index:39.33, Glycemic Load:3.44, Inflammation Score:-10, Nutrition Score:31.927391757136%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 3.31mg, Kaempferol: 3.31mg, Kaempferol: 3.31mg, Kaempferol: 3.31mg Myricetin: 1.62mg, Myricetin: 1.62mg, Myricetin: 1.62mg, Myricetin: 1.62mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

## **Nutrients (% of daily need)**

Calories: 203.82kcal (10.19%), Fat: 6.05g (9.3%), Saturated Fat: 1.1g (6.85%), Carbohydrates: 12.92g (4.31%), Net Carbohydrates: 11.73g (4.27%), Sugar: 2.8g (3.11%), Cholesterol: 34.79mg (11.6%), Sodium: 750.9mg (32.65%), Alcohol: 4.12g (100%), Alcohol %: 1.71% (100%), Protein: 17.09g (34.17%), Vitamin K: 424.01µg (403.82%), Vitamin B12: 13.88µg (231.33%), Manganese: 4.29mg (214.31%), Selenium: 54.51µg (77.87%), Vitamin A: 3509.3IU (70.19%), Iron: 6.17mg (34.29%), Vitamin C: 27.35mg (33.15%), Phosphorus: 288.43mg (28.84%), Magnesium: 92.39mg (23.1%), Vitamin B2: 0.37mg (21.78%), Potassium: 710.17mg (20.29%), Folate: 69.7µg (17.43%), Vitamin B3: 3.44mg (17.19%), Vitamin B1: 0.25mg (16.55%), Zinc: 2.24mg (14.93%), Vitamin E: 2.08mg (13.87%), Copper: 0.27mg (13.51%), Vitamin B6: 0.24mg (11.85%), Calcium: 75.88mg (7.59%), Vitamin B5: 0.72mg (7.18%), Fiber: 1.18g (4.72%)