

Lady Curzon Soup

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



136 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon curry powder
- 1 large egg yolk
- 1 garlic clove smashed
- 0.5 cup cup heavy whipping cream
- 1 tablespoon madeira wine
- 2 lb mussels scrubbed (preferably cultivated)
- 1 large onion chopped
- 2 turkish bay leaf

- 1.5 tablespoons butter unsalted
- 1.5 cups water

Equipment

- bowl
- sauce pan
- whisk
- pot
- sieve
- kitchen thermometer
- slotted spoon

Directions

- Cook all broth ingredients, covered, in a 4- to 5-quart heavy pot over moderately high heat until mussels just open wide, 4 to 6 minutes.
- Transfer mussels with a slotted spoon to a bowl and reserve for another use. (Discard any unopened mussels.)
- Pour broth through a coffee-filter-lined sieve into a bowl, discarding solids. Strain broth again through same lined sieve into a 2-cup glass measure and reserve 1 cup for soup. (Freeze remainder if desired.)
- Heat butter in a 1-quart heavy saucepan over moderately low heat until foam subsides.
- Add curry powder and cook, stirring constantly, until just a shade darker, about 1 minute.
- Add Madeira and bring to a boil.
- Add mussel broth and bring to a boil.
- Whisk together cream and yolk in a bowl, then add broth mixture in a slow stream, whisking constantly. Return soup to saucepan and cook over moderately low heat, stirring, until just slightly thickened and registers 170°F on thermometer, about 2 minutes. (Do not simmer.) Divide among glasses.
- Soup can be made 1 day ahead and cooled, uncovered, then chilled, covered. Carefully reheat (do not let simmer) before serving.

Nutrition Facts

PROTEIN 23.48% FAT 62.73% CARBS 13.79%

Properties

Glycemic Index:15.88, Glycemic Load:1.5, Inflammation Score:-5, Nutrition Score:15.50695654102%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 136.06kcal (6.8%), Fat: 9.4g (14.46%), Saturated Fat: 5.23g (32.69%), Carbohydrates: 4.65g (1.55%), Net Carbohydrates: 4.28g (1.55%), Sugar: 1.27g (1.41%), Cholesterol: 61.6mg (20.53%), Sodium: 173.92mg (7.56%), Alcohol: 0.19g (100%), Alcohol %: 0.17% (100%), Protein: 7.91g (15.83%), Vitamin B12: 7.01µg (116.83%), Manganese: 2.01mg (100.39%), Selenium: 27.74µg (39.63%), Phosphorus: 138.29mg (13.83%), Iron: 2.46mg (13.65%), Vitamin B2: 0.17mg (9.87%), Vitamin A: 410.62IU (8.21%), Folate: 31.9µg (7.97%), Vitamin C: 6.25mg (7.57%), Vitamin B1: 0.11mg (7.28%), Zinc: 1.06mg (7.07%), Potassium: 234.41mg (6.7%), Magnesium: 23.81mg (5.95%), Vitamin B3: 0.97mg (4.84%), Vitamin B5: 0.42mg (4.2%), Vitamin E: 0.6mg (4.01%), Copper: 0.07mg (3.74%), Vitamin B6: 0.07mg (3.58%), Calcium: 35.52mg (3.55%), Vitamin D: 0.39µg (2.61%), Fiber: 0.37g (1.5%)