



Mussel and Chickpea Stew



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small anaheim chile--halved red seeded sliced
- ☐ 2 bay leaves
- ☐ 15 ounce chickpeas drained and rinsed canned
- ☐ 1 small celery rib sliced
- ☐ 0.8 cup cooking wine dry white
- ☐ 4 large garlic cloves minced
- ☐ 1 pinch ground allspice
- ☐ 1 cup tomatoes italian with their juices canned chopped

- ☐ 1 large leek white green halved lengthwise sliced
- ☐ 4 pounds mussels scrubbed
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.5 small onion coarsely chopped
- ☐ 3 ounces potatoes red peeled cut into 1/4-inch dice
- ☐ 0.3 teaspoon saffron threads loosely packed crumbled
- ☐ 4 servings salt and pepper freshly ground
- ☐ 2.5 cups water

Equipment

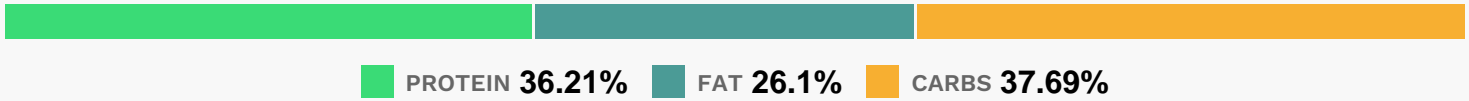
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ plastic wrap
- ☐ colander

Directions

- ☐ Set a colander in a large heatproof bowl in the sink. In a large saucepan, combine the water with 1/2 cup of the wine and the bay leaves and bring to a boil.
- ☐ Add the mussels, cover and steam, shaking the pan a few times, until the mussels open, 4 to 5 minutes.
- ☐ Drain the mussels in the colander; reserve the cooking liquid.
- ☐ Remove the mussels from their shells and put them in a bowl. Cover with plastic wrap.
- ☐ Heat the olive oil in a large saucepan.
- ☐ Add the leek, celery, poblano and onion and season with salt and pepper. Cover and cook over low heat, stirring often, until softened, about 8 minutes.
- ☐ Add the garlic, saffron and allspice, cover and cook until fragrant, about 5 minutes.
- ☐ Add the tomatoes and cook over moderate heat, stirring, until the juices have evaporated and the tomatoes start to brown, about 4 minutes.

- ☐ Add the remaining 1/4 cup of wine. Slowly pour in the reserved mussel cooking liquid, stoppingbefore you reach the grit.
- ☐ Add the potato and chickpeas to the saucepan and bring to a boil. Cover and cook over low heat for 25 minutes. Season with salt and pepper. Just before serving, add the mussels and reheat them gently in the stew.
- ☐ Serve With: Crusty bread
- ☐ Notes: One Serving – Calories 320 kcal, Total Fat 2 gm, Saturated Fat 1 gm, Protein 25 gm, Carbohydrates 35 gm

Nutrition Facts



Properties

Glycemic Index:87.33, Glycemic Load:10.3, Inflammation Score:-9, Nutrition Score:37.911304473877%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 411.64kcal (20.58%), Fat: 11g (16.93%), Saturated Fat: 1.73g (10.78%), Carbohydrates: 35.74g (11.91%), Net Carbohydrates: 28.88g (10.5%), Sugar: 4.01g (4.46%), Cholesterol: 64.77mg (21.59%), Sodium: 1220.23mg (53.05%), Alcohol: 4.64g (100%), Alcohol %: 0.88% (100%), Protein: 34.35g (68.7%), Vitamin B12: 27.76µg (462.66%), Manganese: 9.06mg (453.12%), Selenium: 106.61µg (152.31%), Iron: 11.47mg (63.71%), Phosphorus: 591.32mg (59.13%), Vitamin C: 34.56mg (41.89%), Vitamin B6: 0.83mg (41.29%), Folate: 153.35µg (38.34%), Potassium: 1230.65mg (35.16%), Magnesium: 132.63mg (33.16%), Vitamin B2: 0.54mg (31.73%), Zinc: 4.76mg (31.7%), Vitamin B1: 0.47mg (31.28%), Fiber: 6.86g (27.45%), Copper: 0.51mg (25.45%), Vitamin A: 1259.5IU (25.19%), Vitamin B3: 4.61mg (23.05%), Vitamin K: 18.64µg (17.76%), Vitamin B5: 1.67mg (16.69%), Vitamin E: 2.31mg (15.4%), Calcium: 135.76mg (13.58%)