



Mussel and Fennel Bisque

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 1 tablespoon brandy
- ☐ 3 tablespoons butter divided
- ☐ 0.3 cup carrots peeled
- ☐ 0.5 teaspoon thyme dried
- ☐ 1 cup wine dry white
- ☐ 2.5 cups fennel bulb fresh divided chopped for garnish
- ☐ 1 cup heavy whipping cream

- ☐ 4 cups chicken broth ()
- ☐ 2 pounds mussels scrubbed
- ☐ 0.3 cup rice long-grain
- ☐ 0.5 cup shallots chopped (2 large)
- ☐ 1 teaspoon tomato paste

Equipment

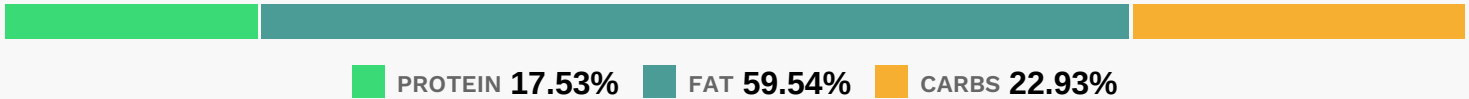
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ blender
- ☐ measuring cup
- ☐ tongs

Directions

- ☐ Combine mussels and wine in large pot. Cover; bring to boil. Boil until mussels open, about 5 minutes (discard any that do not open). Using tongs, transfer to large bowl.
- ☐ Pour cooking liquid through strainer set over 8-cup measuring cup.
- ☐ Add enough clam juice to cooking liquid to measure 5 cups.
- ☐ Remove mussels from shells; place in small bowl. Discard shells. Cover mussels and chill until ready to use, up to 8 hours. Melt 2 tablespoons butter in large saucepan over medium heat.
- ☐ Add 1 1/2 cups fennel cubes and carrot; sauté until fennel is slightly softened, about 10 minutes.
- ☐ Add shallots; sauté until soft, about 4 minutes.
- ☐ Add clam juice mixture, rice, tomato paste, thyme, and bay leaf. Bring to boil. Reduce heat to medium-low; partially cover and simmer until rice is tender, stirring occasionally, about 25 minutes. Discard bay leaf. Cool slightly. Working in batches, puree in blender. Return to saucepan.
- ☐ Meanwhile, melt 1 tablespoon butter in small nonstick skillet over medium heat.
- ☐ Add 1 cup fennel cubes; sauté until crisp tender, about 7 minutes. Season with salt and pepper.

- ☐ Remove from heat. do ahead
- ☐ Bisque mixture and sautéed fennel can be made 8 hours ahead. Cool slightly. Chill bisque mixture uncovered until cold, then cover and keep chilled. Cover and chill fennel. Bring bisque mixture to simmer before continuing.
- ☐ Add whipping cream, brandy, and mussels to bisque mixture; bring to simmer. Season to taste with salt and pepper. Ladle bisque into 6 bowls.
- ☐ Sprinkle sautéed fennel cubes atop bisque.
- ☐ Garnish with chopped fennel fronds and parsley, if desired.
- ☐ Try a crisp white wine with the bisque. We like the very affordable
- ☐ Snoqualmie 2007 Sauvignon Blanc (\$
- ☐ from
- ☐ Washington State.

Nutrition Facts



Properties

Glycemic Index:59.67, Glycemic Load:7.02, Inflammation Score:-9, Nutrition Score:23.809130419856%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 371.98kcal (18.6%), Fat: 22.84g (35.13%), Saturated Fat: 13.39g (83.66%), Carbohydrates: 19.79g (6.6%), Net Carbohydrates: 17.71g (6.44%), Sugar: 5.11g (5.68%), Cholesterol: 81.46mg (27.15%), Sodium: 358.71mg (15.6%), Alcohol: 4.95g (100%), Alcohol %: 1.6% (100%), Protein: 15.13g (30.26%), Vitamin B12: 9.49µg (158.1%), Manganese: 2.9mg (144.93%), Selenium: 37.56µg (53.66%), Vitamin A: 1841.2IU (36.82%), Phosphorus: 272.8mg (27.28%), Vitamin K: 27.17µg (25.88%), Iron: 4.25mg (23.58%), Potassium: 702.64mg (20.08%), Vitamin B3: 3.94mg (19.72%), Vitamin B2: 0.32mg (18.62%), Vitamin C: 12.92mg (15.66%), Folate: 53.08µg (13.27%), Magnesium: 48.2mg (12.05%),

Zinc: 1.8mg (12.01%), Copper: 0.22mg (11.21%), Vitamin B1: 0.16mg (10.61%), Vitamin B6: 0.2mg (9.82%), Calcium: 88.85mg (8.89%), Vitamin E: 1.26mg (8.42%), Fiber: 2.08g (8.32%), Vitamin B5: 0.75mg (7.48%), Vitamin D: 0.63µg (4.23%)