



Mussel Chowder

 Vegetarian

READY IN



1500 min.

SERVINGS



8

CALORIES



365 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 medium carrots finely chopped
- ☐ 8 servings accompaniment: crusty bread
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 large garlic cloves minced
- ☐ 0.3 cup heavy cream
- ☐ 2 medium leeks white green finely chopped (and pale parts only)
- ☐ 4.5 lb mussels steamed cleaned (preferably cultivated)

- ☐ 2 tablespoons olive oil
- ☐ 2 large orange bell peppers finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 large shallots finely chopped
- ☐ 0.3 cup butter unsalted

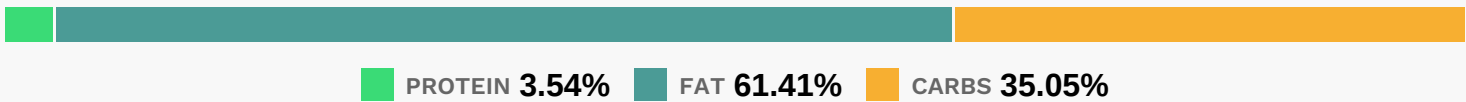
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ sieve

Directions

- ☐ Pour reserved mussel cooking liquid through a fine sieve lined with a dampened paper towel into a bowl. Set aside 24 mussels in their shells, then shuck remainder and halve them crosswise.
- ☐ Wash chopped leeks in a bowl of cold water, then lift out and drain well.
- ☐ Cook leeks, carrots, bell peppers, and shallot with salt and pepper in butter and oil in a 5-quart heavy pot over moderate heat, covered, stirring occasionally, until tender, about 7 minutes. Stir in garlic and cook, uncovered, stirring, 1 minute.
- ☐ Add strained mussel cooking liquid and wine and simmer 10 minutes.
- ☐ Stir in halved mussels and cream and simmer, stirring, 5 minutes.
- ☐ Add reserved mussels in their shells and simmer until just heated through, about 1 minute. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:39.17, Glycemic Load:3.54, Inflammation Score:-10, Nutrition Score:14.066521863575%

Flavonoids

Malvidin: 0.16mg, Malvidin: 0.16mg, Malvidin: 0.16mg, Malvidin: 0.16mg Catechin: 2.08mg, Catechin: 2.08mg, Catechin: 2.08mg, Catechin: 2.08mg Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg Hesperetin: 1.08mg, Hesperetin: 1.08mg, Hesperetin: 1.08mg, Hesperetin: 1.08mg Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 365.34kcal (18.27%), Fat: 12.2g (18.77%), Saturated Fat: 5.88g (36.77%), Carbohydrates: 15.66g (5.22%), Net Carbohydrates: 13.82g (5.03%), Sugar: 6.43g (7.14%), Cholesterol: 23.66mg (7.89%), Sodium: 184.86mg (8.04%), Alcohol: 27.83g (100%), Alcohol %: 9.48% (100%), Protein: 1.58g (3.16%), Vitamin A: 4489.42IU (89.79%), Vitamin C: 56.58mg (68.58%), Manganese: 0.53mg (26.32%), Vitamin K: 18.55µg (17.67%), Vitamin B6: 0.35mg (17.57%), Vitamin E: 1.69mg (11.3%), Potassium: 391.44mg (11.18%), Magnesium: 41.93mg (10.48%), Folate: 41.53µg (10.38%), Iron: 1.54mg (8.58%), Phosphorus: 82.6mg (8.26%), Fiber: 1.84g (7.37%), Vitamin B2: 0.11mg (6.65%), Calcium: 55.39mg (5.54%), Vitamin B3: 1mg (5%), Vitamin B1: 0.07mg (4.76%), Vitamin B5: 0.37mg (3.69%), Zinc: 0.55mg (3.65%), Copper: 0.06mg (3.04%), Selenium: 1.28µg (1.82%), Vitamin D: 0.23µg (1.5%)