



Mussel Saffron Soup

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup chervil fresh chopped
- ☐ 2 cups bottled clam juice
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1.5 cups cooking wine dry white
- ☐ 0.3 cup parsley fresh minced
- ☐ 1 garlic clove minced

- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 cup milk 2% reduced-fat
- ☐ 2 pounds mussels scrubbed
- ☐ 0.1 teaspoon saffron threads crushed
- ☐ 0.5 cup shallots minced
- ☐ 1 teaspoon stick margarine

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ dutch oven
- ☐ cheesecloth

Directions

- ☐ Melt butter in a large Dutch oven over medium-high heat.
- ☐ Add minced shallots, and saut 3 minutes.
- ☐ Add the wine and next 5 ingredients (wine through garlic); bring to a boil.
- ☐ Add mussels.
- ☐ Cover and cook 5 minutes or until the mussels open; discard any unopened shells. Strain the mussel mixture through a cheesecloth-lined sieve into a medium bowl, reserving cooking liquid. Reserve 12 shells with meat intact.
- ☐ Remove meat from the remaining shells. Chop meat and add to pan; discard shells.
- ☐ Add reserved cooking liquid, clam juice, black pepper, and red pepper; bring to a boil.
- ☐ Reduce heat, and simmer for 5 minutes. Stir in the milk, and cook 1 minute or until soup is thoroughly heated.
- ☐ Pour soup into serving bowls. Top with reserved mussels and chervil.

Nutrition Facts



Properties

Glycemic Index:72.75, Glycemic Load:3.82, Inflammation Score:-8, Nutrition Score:28.409130303756%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 296.65kcal (14.83%), Fat: 5.13g (7.9%), Saturated Fat: 1.46g (9.11%), Carbohydrates: 28.8g (9.6%), Net Carbohydrates: 26.99g (9.81%), Sugar: 10.14g (11.27%), Cholesterol: 37.11mg (12.37%), Sodium: 810.04mg (35.22%), Alcohol: 9.27g (100%), Alcohol %: 2.8% (100%), Protein: 17.78g (35.57%), Vitamin B12: 14.23µg (237.16%), Manganese: 4.25mg (212.34%), Selenium: 54.79µg (78.28%), Vitamin K: 63.67µg (60.64%), Iron: 6.21mg (34.48%), Phosphorus: 340.28mg (34.03%), Vitamin C: 23.75mg (28.79%), Vitamin B2: 0.4mg (23.67%), Potassium: 822.67mg (23.5%), Folate: 82.27µg (20.57%), Vitamin A: 904.77IU (18.1%), Magnesium: 71.56mg (17.89%), Vitamin B1: 0.27mg (17.77%), Zinc: 2.65mg (17.66%), Vitamin B6: 0.33mg (16.47%), Calcium: 159.35mg (15.94%), Vitamin B3: 2.48mg (12.42%), Vitamin B5: 1.04mg (10.35%), Copper: 0.19mg (9.67%), Fiber: 1.81g (7.26%), Vitamin E: 0.89mg (5.92%)