

Mussel Soup

READY IN



45 min.

SERVINGS



4

CALORIES



679 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8.5 inch baguette
- ☐ 1 bay leaf
- ☐ 1 rib celery chopped
- ☐ 1 cup cooking wine dry white
- ☐ 1 fennel bulb chopped
- ☐ 1 clove garlic minced
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 0.8 cup heavy cream
- ☐ 3 pounds mussels scrubbed

- ☐ 5 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 0.5 orange zest grated
- ☐ 3 plum tomatoes chopped
- ☐ 0.3 pound pancetta chopped
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon turmeric
- ☐ 3 cups water

Equipment

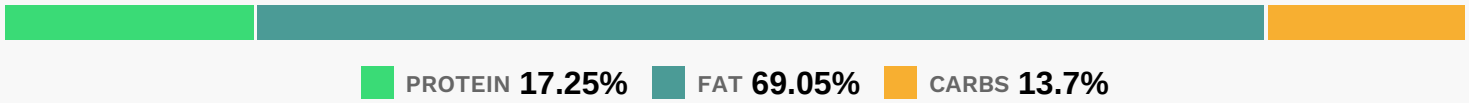
- ☐ baking sheet
- ☐ pot
- ☐ broiler
- ☐ slotted spoon

Directions

- ☐ In a large pot, heat 3 tablespoons of the oil over moderately low heat.
- ☐ Add the onion, garlic, fennel, celery, bay leaf, orange zest, and turmeric. Cook, covered, stirring occasionally, until the vegetables are soft, about 15 minutes. Stir in the tomatoes and wine and simmer for 5 minutes.
- ☐ Meanwhile, heat the broiler.
- ☐ Put the bread slices on a baking sheet and brush both sides with the remaining 2 tablespoons of oil. Broil the bread, turning once, until golden brown, about 4 minutes in all.
- ☐ Discard any mussels that are broken or do not clamp shut when tapped.
- ☐ Add the water, salt, pepper, and mussels to the pot. Cover and bring to a boil. Cook, shaking the pot occasionally, just until the mussels open, 3 to 5 minutes.
- ☐ As the mussels open, remove them from the pot with a slotted spoon. When the mussels are cool enough to handle, remove them from their shells.
- ☐ Remove the bay leaf. Stir the cream into the soup and bring just to a simmer. Stir in the mussels and the prosciutto and serve topped with the toasted slices of baguette.

Wine Recommendation: In Provence, where fish soups are staples, they're washed down with bottles of the delicious local pink wines. Look to the mourvdre-based ross from Bandol for a perfect match.

Nutrition Facts



Properties

Glycemic Index:86.44, Glycemic Load:7.5, Inflammation Score:-9, Nutrition Score:35.656521652056%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg

Nutrients (% of daily need)

Calories: 679.34kcal (33.97%), Fat: 49.17g (75.65%), Saturated Fat: 17.3g (108.15%), Carbohydrates: 21.94g (7.31%), Net Carbohydrates: 18.58g (6.76%), Sugar: 6.97g (7.74%), Cholesterol: 117.72mg (39.24%), Sodium: 1364.97mg (59.35%), Alcohol: 6.18g (100%), Alcohol %: 1.2% (100%), Protein: 27.65g (55.29%), Vitamin B12: 21.03µg (350.55%), Manganese: 6.25mg (312.51%), Selenium: 86.48µg (123.54%), Vitamin K: 56.22µg (53.55%), Phosphorus: 477.23mg (47.72%), Iron: 8.19mg (45.53%), Vitamin C: 32.2mg (39.03%), Potassium: 1132.99mg (32.37%), Vitamin B2: 0.54mg (31.82%), Vitamin E: 4.65mg (31.03%), Vitamin B1: 0.44mg (29.37%), Vitamin A: 1463.86IU (29.28%), Folate: 113.21µg (28.3%), Vitamin B3: 5mg (24.98%), Zinc: 3.63mg (24.18%), Magnesium: 94.62mg (23.66%), Vitamin B6: 0.33mg (16.67%), Copper: 0.3mg (15.2%), Vitamin B5: 1.44mg (14.35%), Calcium: 141.31mg (14.13%), Fiber: 3.35g (13.41%), Vitamin D: 0.83µg (5.52%)