



Mussel Soup with Avocado, Tomato, and Dill

READY IN



45 min.

SERVINGS



6

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce avocado
- ☐ 3 tablespoons optional: dill fresh coarsely chopped
- ☐ 12 inch thyme sprigs fresh
- ☐ 0.3 teaspoon pepper white
- ☐ 1 cup half and half
- ☐ 12 ounce lager
- ☐ 1.5 pounds leek white green sliced quartered (3 medium; and pale parts only)
- ☐ 3 pounds mussels scrubbed well (preferably cultivated)
- ☐ 0.3 pound pears halved

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons butter unsalted
- ☐ 1.5 cups water

Equipment

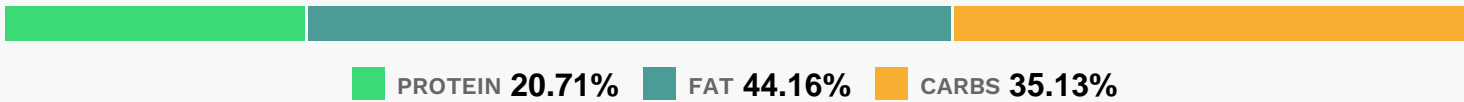
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ pot
- ☐ sieve
- ☐ plastic wrap
- ☐ cheesecloth

Directions

- ☐ Wash leeks in a bowl of cold water, agitating them, then lift out leeks and pat dry.
- ☐ Cook leeks in butter in a wide 5-quart heavy pot over moderate heat, stirring occasionally, until softened, 5 to 7 minutes.
- ☐ Add thyme and cook, stirring, 1 minute. Stir in beer and water, then increase heat to moderately high and bring to a boil.
- ☐ Add mussels and return liquid to a boil, partially covered. Cook, completely covered, stirring occasionally, just until mussels open wide, checking frequently after 4 minutes and transferring to a large bowl. (Discard any mussels that remain unopened after 8 minutes.)
- ☐ Working over a bowl, remove mussels from shells and put in bowl (discard shells along with any clinging leeks).
- ☐ Pour any cooking liquid accumulated in bowl back into pot.
- ☐ Pour cooking liquid through a sieve lined with a double layer of cheesecloth or dampened paper towels into a 2-quart heavy saucepan. Stir in half-and-half, salt, and white pepper, then heat over moderately low heat until hot (do not let boil). Stir in mussels and heat until just warmed through.
- ☐ Meanwhile, halve avocado, then peel 1 half (wrap remaining half tightly in plastic wrap and reserve for another use).

- ☐ Cut into 1/2-inch cubes, then toss gently with tomatoes and dill in a bowl.
- ☐ Divide soup among 6 shallow bowls and spoon some avocado mixture into each.
- ☐ Serve immediately.
- ☐ Soup, without half-and-half, can be made 1 day ahead and cooled completely, uncovered, then chilled (with shelled mussels in soup), covered.
- ☐ Remove mussels and reheat soup over moderately low heat before adding half-and-half and then proceeding with recipe.

Nutrition Facts



Properties

Glycemic Index:43.21, Glycemic Load:8.58, Inflammation Score:-9, Nutrition Score:33.467826251103%

Flavonoids

Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 351.11kcal (17.56%), Fat: 16.94g (26.07%), Saturated Fat: 6.58g (41.13%), Carbohydrates: 30.34g (10.11%), Net Carbohydrates: 25.12g (9.14%), Sugar: 8.18g (9.09%), Cholesterol: 56.54mg (18.85%), Sodium: 483.7mg (21.03%), Alcohol: 2.21g (100%), Alcohol %: 0.63% (100%), Protein: 17.88g (35.76%), Vitamin B12: 13.98µg (232.93%), Manganese: 4.56mg (227.79%), Selenium: 54.8µg (78.29%), Vitamin K: 63.03µg (60.03%), Vitamin A: 2419.66IU (48.39%), Iron: 7.29mg (40.47%), Folate: 158.25µg (39.56%), Vitamin C: 28.32mg (34.33%), Phosphorus: 337.34mg (33.73%), Vitamin B2: 0.43mg (25.1%), Potassium: 851.94mg (24.34%), Vitamin B6: 0.47mg (23.61%), Magnesium: 91.99mg (23%), Fiber: 5.21g (20.85%), Vitamin B1: 0.3mg (19.74%), Vitamin E: 2.69mg (17.96%), Copper: 0.35mg (17.55%), Vitamin B3: 3.34mg (16.68%), Zinc: 2.43mg (16.18%), Calcium: 153.04mg (15.3%), Vitamin B5: 1.42mg (14.18%)