



Mussel Soup with Green Curry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



162 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon peppercorns black
- ☐ 8 ounce bottled clam juice
- ☐ 1.5 teaspoons coriander seeds
- ☐ 1.5 teaspoons cumin seeds
- ☐ 1 tablespoon sesame oil dark
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- ☐ 1 cup cooking wine dry white
- ☐ 0.3 cup cilantro leaves fresh chopped

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- ☐ 2 tablespoons ginger fresh grated peeled
- ☐ 5 garlic cloves peeled
- ☐ 0.5 cup lemongrass fresh peeled chopped (2 stalks)
- ☐ 2 teaspoons lime rind grated
- ☐ 1.5 pounds mussels scrubbed
- ☐ 1 serrano chile
- ☐ 0.3 pound shallots halved
- ☐ 1 tablespoon thai fish sauce (such as Three Crabs)
- ☐ 0.3 cup water
- ☐ 4 cups water

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ dutch oven

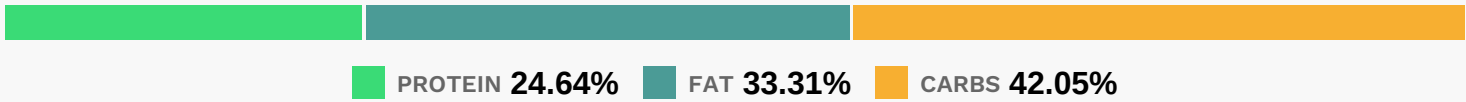
Directions

- ☐ To prepare curry paste, heat a small, heavy skillet over medium-high heat.
- ☐ Add first 4 ingredients to pan; cook 1 minute or until fragrant, stirring frequently.
- ☐ Place spice mixture in a spice or coffee grinder; process mixture until finely ground.
- ☐ Place ground spices, cilantro, and next 8 ingredients (through serrano) in a food processor; process until chopped, scraping sides. With processor on, slowly pour 1/4 cup water through food chute; process until smooth.
- ☐ To prepare soup, heat 1 1/2 teaspoons oil in a large Dutch oven over medium-high heat.
- ☐ Add curry paste to pan; saut 3 minutes.
- ☐ Add 4 cups water, wine, and clam juice; bring to a boil. Reduce heat, and simmer 30 minutes; add mussels. Cover and cook over medium-high heat 5 minutes or until mussels open; discard any unopened shells.
- ☐ Sprinkle with 1/3 cup cilantro.

☐

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:2.36, Inflammation Score:-6, Nutrition Score:18.001739087312%

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 Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 161.55kcal (8.08%), Fat: 5.02g (7.72%), Saturated Fat: 0.75g (4.72%), Carbohydrates: 14.25g (4.75%), Net Carbohydrates: 12.89g (4.69%), Sugar: 3.39g (3.77%), Cholesterol: 16.19mg (5.4%), Sodium: 554.28mg (24.1%), Alcohol: 4.12g (100%), Alcohol %: 1.51% (100%), Protein: 8.35g (16.7%), Manganese: 2.52mg (125.81%), Vitamin B12: 6.97µg (116.1%), Selenium: 27.22µg (38.89%), Iron: 3.74mg (20.76%), Phosphorus: 154.44mg (15.44%), Vitamin C: 10.83mg (13.13%), Potassium: 421.35mg (12.04%), Vitamin K: 12.64µg (12.04%), Magnesium: 46.72mg (11.68%), Folate: 42.79µg (10.7%), Vitamin B6: 0.2mg (10.11%), Vitamin B2: 0.16mg (9.35%), Zinc: 1.34mg (8.91%), Vitamin B1: 0.13mg (8.75%), Vitamin A: 408.52IU (8.17%), Copper: 0.16mg (8.16%), Vitamin B3: 1.35mg (6.77%), Calcium: 56.03mg (5.6%), Fiber: 1.37g (5.46%), Vitamin B5: 0.45mg (4.48%), Vitamin E: 0.54mg (3.6%)