



Mussels and Clams with Curry Coconut Sauce over Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon bottled garlic minced
- ☐ 2 cups cherry tomatoes
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 1 cup cilantro leaves fresh divided chopped
- ☐ 1 tablespoon curry paste green
- ☐ 1 teaspoon bottled ground ginger fresh (such as Spice World)
- ☐ 14 ounce coconut milk light canned

- ☐ 0.3 cup juice of lime fresh
- ☐ 4 lime wedges
- ☐ 1.5 pounds littleneck clams scrubbed
- ☐ 1.5 pounds mussels scrubbed
- ☐ 1 tablespoon olive oil
- ☐ 7 ounce rice noodles
- ☐ 1 serrano chile seeded thinly sliced

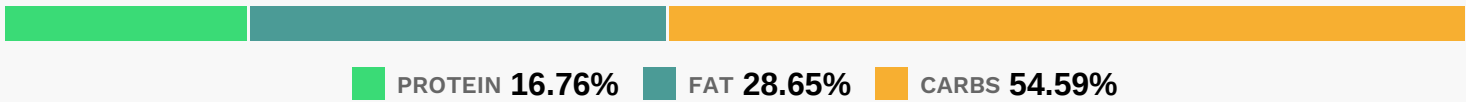
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Cook noodles according to package directions, omitting salt and fat.
- ☐ Drain; set aside.
- ☐ While the noodles cook, heat olive oil in a large Dutch oven over medium heat.
- ☐ Add garlic and serrano chile, and saut for 1 minute. Stir in chicken broth, curry paste, ginger, and coconut milk; bring to a boil.
- ☐ Add the mussels and clams. Cover, reduce heat, and simmer 5 minutes or until shells open; discard any unopened shells.
- ☐ Remove from heat. Stir in tomatoes, 1/2 cup cilantro, and juice; toss well.
- ☐ Place 1 cup noodles in each of 4 shallow bowls; top each serving with 4 mussels and 4 clams.
- ☐ Drizzle sauce evenly over shellfish; sprinkle each serving with 2 tablespoons cilantro.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:57.25, Glycemic Load:25.91, Inflammation Score:-8, Nutrition Score:25.446086842081%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 9.1mg, Hesperetin: 9.1mg, Hesperetin: 9.1mg, Hesperetin: 9.1mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 424.87kcal (21.24%), Fat: 13.13g (20.2%), Saturated Fat: 7.73g (48.32%), Carbohydrates: 56.3g (18.77%), Net Carbohydrates: 54.01g (19.64%), Sugar: 2.89g (3.21%), Cholesterol: 31.94mg (10.65%), Sodium: 678.81mg (29.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.28g (34.55%), Vitamin B12: 13.41µg (223.44%), Manganese: 3.51mg (175.71%), Selenium: 56.37µg (80.53%), Vitamin C: 36.16mg (43.83%), Phosphorus: 335.05mg (33.51%), Vitamin A: 1471.07IU (29.42%), Iron: 5.22mg (28.98%), Vitamin K: 17.13µg (16.32%), Potassium: 556.77mg (15.91%), Vitamin B2: 0.24mg (14.41%), Zinc: 2.09mg (13.93%), Folate: 55.33µg (13.83%), Vitamin B1: 0.2mg (13.61%), Magnesium: 52.61mg (13.15%), Vitamin B3: 2.48mg (12.41%), Vitamin E: 1.76mg (11.71%), Copper: 0.23mg (11.66%), Fiber: 2.28g (9.13%), Vitamin B6: 0.17mg (8.29%), Vitamin B5: 0.75mg (7.54%), Calcium: 70.92mg (7.09%)