



Mussels and Clams with Lemon Grass Broth

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 20 small farmed clams in shells scrubbed
- 0.3 cup cooking wine dry white
- 0.3 cup cilantro leaves fresh divided chopped
- 2 garlic cloves chopped
- 4 green onions sliced
- 0.5 teaspoon ground ginger
- 0.3 teaspoon coarsely ground pepper
- 0.3 cup heavy whipping cream

- 9 inch lemon grass
- 1 tablespoon juice of lemon fresh
- 20 farmed mussels scrubbed
- 2 tablespoons olive oil
- 1 teaspoon salt
- 4 shallots chopped
- 3 cups water

Equipment

- dutch oven

Directions

- Heat oil in a Dutch oven over medium heat.
- Add shallots and garlic; saut 1 minute or until tender.
- Add lemon grass and ginger; cook 1 minute.
- Add 3 cups water; bring to a boil. Reduce heat, and simmer, uncovered, 3 minutes.
- Add 2 tablespoons cilantro.
- Remove from heat; cover and let stand 5 minutes.
- Return broth to a boil.
- Add wine and next 3 ingredients; cover, reduce heat, and simmer 2 minutes.
- Add mussels; cover and simmer 3 minutes.
- Add cream; cook 1 minute. Stir in lemon juice, onions, and remaining cilantro. Discard lemon grass.

Nutrition Facts



PROTEIN 15.18% **FAT 61.46%** **CARBS 23.36%**

Properties

Glycemic Index:41.33, Glycemic Load:1.49, Inflammation Score:-4, Nutrition Score:12.289130397465%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 135.38kcal (6.77%), Fat: 8.99g (13.83%), Saturated Fat: 3.07g (19.19%), Carbohydrates: 7.69g (2.56%), Net Carbohydrates: 6.86g (2.49%), Sugar: 1.97g (2.19%), Cholesterol: 20.17mg (6.72%), Sodium: 481.37mg (20.93%), Alcohol: 1.03g (100%), Alcohol %: 0.62% (100%), Protein: 5g (9.99%), Manganese: 1.48mg (74.03%), Vitamin B12: 3.79µg (63.14%), Vitamin K: 22.12µg (21.06%), Selenium: 14.42µg (20.6%), Iron: 2.22mg (12.31%), Phosphorus: 93.04mg (9.3%), Vitamin C: 6.73mg (8.16%), Folate: 29.54µg (7.38%), Potassium: 251.1mg (7.17%), Vitamin E: 1.02mg (6.77%), Vitamin A: 329.4IU (6.59%), Vitamin B2: 0.1mg (5.99%), Magnesium: 23.66mg (5.92%), Vitamin B6: 0.11mg (5.34%), Zinc: 0.8mg (5.3%), Copper: 0.1mg (4.84%), Vitamin B1: 0.07mg (4.61%), Calcium: 39.88mg (3.99%), Fiber: 0.83g (3.33%), Vitamin B3: 0.66mg (3.3%), Vitamin B5: 0.25mg (2.46%), Vitamin D: 0.16µg (1.06%)