



Mussels in Curry Cream Sauce



Gluten Free

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READY IN

ready

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30 min.

SERVINGS

servings

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4

CALORIES

calories

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578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 stalks celery thinly sliced
- ☐ 2 tablespoons cognac
- ☐ 1.5 teaspoons curry powder
- ☐ 1.5 cups cooking wine dry white
- ☐ 3 cloves garlic smashed
- ☐ 1 cup heavy cream
- ☐ 0.5 juice of lemon for serving
- ☐ 4 servings kosher salt and pepper freshly ground

- ☐ 4 pounds mussels scrubbed
- ☐ 1 medium onion chopped
- ☐ 3 large shallots chopped
- ☐ 2 tablespoons butter unsalted

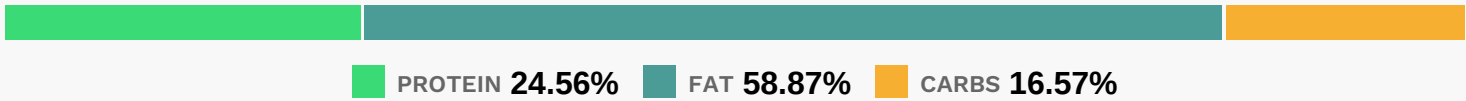
Equipment

- ☐ bowl
- ☐ pot
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Heat the butter in a large Dutch oven or pot over medium-high heat.
- ☐ Add the curry powder and cook, stirring, 30 seconds.
- ☐ Add the onion, celery, shallots, garlic, 1/2 teaspoon salt, and pepper to taste; cook until the vegetables are translucent, 4 to 5 minutes.
- ☐ Add the wine and 1/4 cup water and bring to a boil over high heat. Stir in the mussels; cover and cook, shaking the pot occasionally, until the mussels open, 3 to 5 minutes.
- ☐ Transfer the open mussels to a bowl using a slotted spoon (discard any that do not open). Cover the bowl and set aside.
- ☐ Add the cream to the pot with the cooking liquid and vegetables; bring to a boil and cook until reduced by half, 5 to 8 minutes. Stir in the cognac and lemon juice. Return the mussels to the pot and stir to coat with the sauce.
- ☐ Serve with the lemon wedges and toasted baguette slices.
- ☐ Photograph by Christopher Testani

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:6.3, Inflammation Score:-9, Nutrition Score:33.784347824428%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg

Nutrients (% of daily need)

Calories: 577.88kcal (28.89%), Fat: 32.56g (50.09%), Saturated Fat: 18.31g (114.45%), Carbohydrates: 20.62g (6.87%), Net Carbohydrates: 18.76g (6.82%), Sugar: 5.79g (6.43%), Cholesterol: 147.06mg (49.02%), Sodium: 904.97mg (39.35%), Alcohol: 11.77g (100%), Alcohol %: 3.12% (100%), Protein: 30.57g (61.14%), Vitamin B12: 27.87µg (464.45%), Manganese: 8.16mg (408.23%), Selenium: 106.52µg (152.17%), Iron: 10.05mg (55.84%), Phosphorus: 541.2mg (54.12%), Vitamin B2: 0.65mg (38.07%), Vitamin A: 1563.53IU (31.27%), Folate: 125.02µg (31.26%), Vitamin C: 25.57mg (30.99%), Potassium: 1067.79mg (30.51%), Vitamin B1: 0.42mg (28.32%), Zinc: 4.18mg (27.87%), Magnesium: 104.64mg (26.16%), Vitamin B3: 4.05mg (20.26%), Vitamin B6: 0.34mg (17%), Vitamin B5: 1.54mg (15.37%), Vitamin E: 2.25mg (14.99%), Calcium: 142.46mg (14.25%), Copper: 0.28mg (14.08%), Vitamin K: 12.82µg (12.21%), Fiber: 1.86g (7.42%), Vitamin D: 1.06µg (7.05%)