



Mussels in Oyster Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



175 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 0.5 cup chicken broth
- ☐ 0.5 teaspoon chili paste depending on your taste pref
- ☐ 3 cloves garlic finely chopped
- ☐ 2 tablespoons ginger minced
- ☐ 2 pounds mussels cleaned
- ☐ 1 tablespoon oyster sauce
- ☐ 1 bunch scallions thinly sliced

☐ 1 teaspoon soya sauce

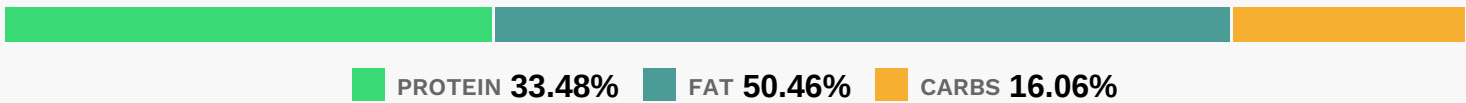
Equipment

☐ pot

Directions

- ☐ Put the canola oil in a large pot over medium heat.
- ☐ Add the ginger and saute for 1 minute, then add the garlic and saute for 2 minutes more.
- ☐ Add the chili paste, soy sauce, oyster sauce, and chicken broth. Stir the ingredients to combine and bring to a simmer.
- ☐ Put the mussels in the pot and steam them with the lid on until the mussels have opened, about 5 to 8 minutes.
- ☐ Pour the mussels with their sauce into a serving dish and garnish with the sliced scallions.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:2.53, Inflammation Score:-5, Nutrition Score:21.185652359672%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 175.03kcal (8.75%), Fat: 9.72g (14.95%), Saturated Fat: 1.02g (6.4%), Carbohydrates: 6.96g (2.32%), Net Carbohydrates: 6.66g (2.42%), Sugar: 0.43g (0.48%), Cholesterol: 32.97mg (10.99%), Sodium: 648.35mg (28.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.5g (29.01%), Vitamin B12: 13.9µg (231.74%), Manganese: 4.01mg (200.56%), Selenium: 52.53µg (75.05%), Iron: 4.79mg (26.59%), Phosphorus: 239.15mg (23.92%), Vitamin K: 17.58µg (16.74%), Vitamin B2: 0.28mg (16.29%), Vitamin C: 11.36mg (13.77%), Folate: 53.88µg (13.47%), Vitamin B1: 0.2mg (13.45%), Zinc: 1.94mg (12.96%), Vitamin E: 1.92mg (12.79%), Potassium: 423.45mg (12.1%), Magnesium: 43.74mg (10.94%), Vitamin B3: 2.12mg (10.62%), Copper: 0.14mg (7.11%), Vitamin B5: 0.61mg (6.12%), Vitamin B6: 0.1mg (4.99%), Vitamin A: 246.92IU (4.94%), Calcium: 42.07mg (4.21%), Fiber: 0.3g (1.21%)