



Mussels in Smoky Poblano-Cilantro Broth

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 8 ounce bottled clam juice
- ☐ 1 cup cooking wine dry white
- ☐ 0.3 cup cilantro leaves fresh divided chopped
- ☐ 3 garlic cloves sliced
- ☐ 4 servings goat cheese crostini
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lime fresh

- ☐ 2 pounds mussels scrubbed
- ☐ 1 poblano chile
- ☐ 4 servings salad green with simple vinaigrette
- ☐ 0.3 cup shallots chopped
- ☐ 0.3 teaspoon paprika smoked hot
- ☐ 1 tablespoon butter unsalted

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler
- ☐ slotted spoon
- ☐ dutch oven

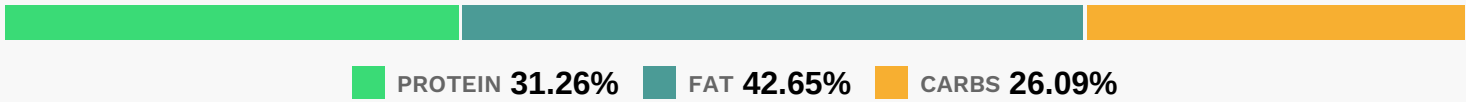
Directions

- ☐ Preheat broiler to high.
- ☐ Place chile on a foil-lined baking sheet; broil 3 inches from heat for 8 minutes or until blackened and charred, turning after 6 minutes.
- ☐ Place in a paper bag; fold to close tightly.
- ☐ Let stand 10 minutes. Peel, and discard skins. Chop chile.
- ☐ Combine chopped chile, wine, shallots, 3 tablespoons cilantro, salt, and next 4 ingredients (through clam juice) in a Dutch oven; bring to a boil. Cover, reduce heat, and simmer 8 minutes.
- ☐ Add mussels; cover and cook 3 minutes or until shells open.
- ☐ Remove mussels from pan with a slotted spoon. Discard unopened shells. Keep warm.
- ☐ Bring wine mixture to a boil over high heat; cook until mixture is reduced to 1 cup. Stir in lime juice and butter.
- ☐ Pour liquid over mussels; toss gently.
- ☐ Sprinkle with remaining 1 tablespoon cilantro.

☐

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:3.29, Inflammation Score:-8, Nutrition Score:26.216087004413%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 306.46kcal (15.32%), Fat: 12.47g (19.19%), Saturated Fat: 6.78g (42.37%), Carbohydrates: 17.17g (5.72%), Net Carbohydrates: 15.8g (5.75%), Sugar: 4.73g (5.26%), Cholesterol: 53.71mg (17.9%), Sodium: 798.89mg (34.73%), Alcohol: 6.18g (100%), Alcohol %: 2.46% (100%), Protein: 20.57g (41.14%), Vitamin B12: 13.96µg (232.66%), Manganese: 4.19mg (209.57%), Selenium: 53.52µg (76.46%), Vitamin C: 39.29mg (47.62%), Phosphorus: 342.4mg (34.24%), Iron: 5.76mg (32.02%), Vitamin B2: 0.39mg (23.04%), Copper: 0.39mg (19.65%), Vitamin A: 909.39IU (18.19%), Vitamin B6: 0.35mg (17.45%), Potassium: 596.53mg (17.04%), Vitamin B1: 0.25mg (16.91%), Folate: 66.57µg (16.64%), Zinc: 2.39mg (15.91%), Magnesium: 60.67mg (15.17%), Vitamin B3: 2.4mg (11.98%), Calcium: 97.49mg (9.75%), Vitamin B5: 0.96mg (9.61%), Vitamin K: 7.91µg (7.54%), Vitamin E: 1.07mg (7.12%), Fiber: 1.37g (5.48%), Vitamin D: 0.17µg (1.15%)