



Mussels in Spicy Coconut Broth



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons curry powder red (such as McCormick)
- ☐ 14.5 ounce less-sodium chicken broth fat-free canned
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup ginger fresh peeled thinly sliced
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 cup coconut milk light
- ☐ 2 pounds mussels scrubbed
- ☐ 1 Dash salt

☐ 1 tablespoon sugar

Equipment

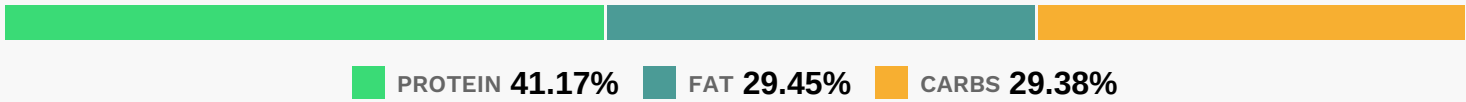
☐ bowl

☐ dutch oven

Directions

- ☐ Combine first 7 ingredients in a Dutch oven, and bring to a boil.
- ☐ Add mussels; cover and cook 5 minutes or until shells open.
- ☐ Remove from heat; discard any unopened shells. Spoon 1 1/2 cups broth mixture into each of 2 soup bowls. Divide mussels evenly among each soup bowl.
- ☐ Garnish with chopped basil.

Nutrition Facts



Properties

Glycemic Index:105.05, Glycemic Load:8.79, Inflammation Score:-7, Nutrition Score:30.996521628421%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 292.02kcal (14.6%), Fat: 9.3g (14.31%), Saturated Fat: 4.39g (27.43%), Carbohydrates: 20.87g (6.96%), Net Carbohydrates: 19.88g (7.23%), Sugar: 6.94g (7.71%), Cholesterol: 64.77mg (21.59%), Sodium: 1566.22mg (68.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.26g (58.51%), Vitamin B12: 28.17µg (469.52%), Manganese: 8.04mg (401.88%), Selenium: 108.64µg (155.21%), Iron: 10.2mg (56.66%), Phosphorus: 492.27mg (49.23%), Vitamin B2: 0.54mg (32.02%), Vitamin C: 25.68mg (31.13%), Folate: 108.65µg (27.16%), Vitamin B1: 0.4mg (26.48%), Zinc: 3.9mg (25.98%), Potassium: 907.01mg (25.91%), Vitamin B3: 5.05mg (25.24%), Magnesium: 93.77mg (23.44%), Copper: 0.31mg (15.72%), Vitamin B5: 1.45mg (14.54%), Vitamin K: 14.69µg (13.99%), Vitamin E: 1.79mg (11.93%), Vitamin A: 549IU (10.98%), Vitamin B6: 0.2mg (9.91%), Calcium: 86.13mg (8.61%), Fiber: 1g (3.99%)