

food
network



HEALTH SCORE

64%

Mussels Steamed with Lemon Grass and Chile de Arbol



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



250 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons chiles de árbol dried
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 1 cup bottled clam juice
- ☐ 1 cup cooking wine dry white
- ☐ 2 tablespoons garlic chopped
- ☐ 4 servings salt and ground pepper fresh
- ☐ 2 tablespoons lemon grass fresh minced

- ☐ 0.3 cup juice of lime fresh
- ☐ 32 mussels washed and debeared
- ☐ 0.5 head napa cabbage
- ☐ 2 tablespoons olive oil

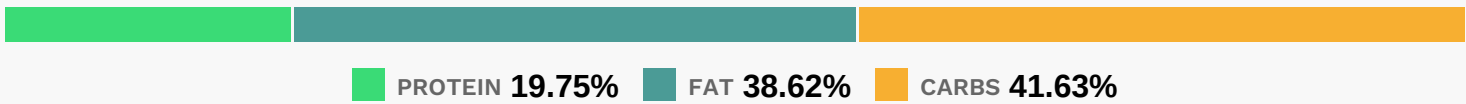
Equipment

- ☐ pot

Directions

- ☐ Heat the olive oil in a medium stockpot over mediumhigh heat.
- ☐ Add the garlic, lemon grass, and chiles and saute for 2 minutes.
- ☐ Add the cabbage and cook until almost wilted.
- ☐ Add the white wine and reduce by half.
- ☐ Add the clam and lime juice and bring to a boil, season with salt and pepper to taste.
- ☐ Add the mussels and cook until opened.
- ☐ Remove from the heat and add the cilantro.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:2.54, Inflammation Score:-9, Nutrition Score:28.582608844923%

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: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.6mg, Hesperetin: 1.6mg, Hesperetin: 1.6mg, Hesperetin: 1.6mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 250.01kcal (12.5%), Fat: 9.28g (14.28%), Saturated Fat: 1.36g (8.5%), Carbohydrates: 22.51g (7.5%), Net Carbohydrates: 18.63g (6.77%), Sugar: 7.46g (8.29%), Cholesterol: 18.28mg (6.09%), Sodium: 616.19mg (26.79%), Alcohol: 6.18g (100%), Alcohol %: 2.34% (100%), Protein: 10.68g (21.36%), Manganese: 2.79mg (139.4%), Vitamin B12: 7.85µg (130.86%), Vitamin K: 64.04µg (60.99%), Vitamin C: 47mg (56.97%), Vitamin A: 2584.24IU (51.68%), Selenium: 31.09µg (44.41%), Folate: 129.52µg (32.38%), Vitamin B6: 0.48mg (23.92%), Iron: 3.97mg (22.05%), Potassium: 767.27mg (21.92%), Phosphorus: 201.53mg (20.15%), Vitamin B2: 0.31mg (18.25%), Fiber: 3.88g (15.52%), Magnesium: 56.26mg (14.06%), Calcium: 128.9mg (12.89%), Vitamin E: 1.86mg (12.4%), Vitamin B1: 0.18mg (12.33%), Vitamin B3: 2.42mg (12.12%), Zinc: 1.62mg (10.78%), Copper: 0.16mg (8.17%), Vitamin B5: 0.64mg (6.41%)