



HEALTH SCORE

86%

Mussels with Garam Masala



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup basil finely chopped
- ☐ 15 ounce frangelico diced canned
- ☐ 0.7 cup coconut milk unsweetened canned
- ☐ 4 servings top
- ☐ 1 fennel bulb trimmed finely chopped
- ☐ 1 teaspoon garam masala (Indian spice mixture)
- ☐ 4 garlic clove chopped
- ☐ 4 pounds mussels scrubbed

- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 medium onion chopped
- ☐ 0.3 teaspoon pepper hot

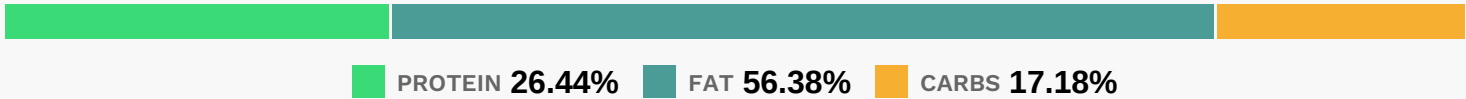
Equipment

- ☐ pot

Directions

- ☐ Heat oil in an 8-quart heavy pot over medium-high heat until it shimmers. Cook onion, fennel, garlic, garam masala, red-pepper flakes, and 1/4 teaspoon each of salt and pepper, stirring occasionally, until onion and fennel are tender, 12 to 15 minutes.
- ☐ Add tomatoes with juice and coconut milk and bring just to a boil.
- ☐ Add mussels and cook over medium-high heat, covered, stirring occasionally, just until mussels open wide, 8 to 10 minutes. (Discard any that remain unopened after 10 minutes.)
- ☐ Chop about 2 tablespoons reserved fennel fronds and stir into mussels along with basil.

Nutrition Facts



Properties

Glycemic Index:75.63, Glycemic Load:6.66, Inflammation Score:-9, Nutrition Score:36.260434482409%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg

Nutrients (% of daily need)

Calories: 450.34kcal (22.52%), Fat: 28.5g (43.85%), Saturated Fat: 11.36g (71.02%), Carbohydrates: 19.54g (6.51%), Net Carbohydrates: 16.06g (5.84%), Sugar: 4.9g (5.45%), Cholesterol: 64.77mg (21.59%), Sodium: 708.56mg (30.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.07g (60.14%), Vitamin B12: 27.76µg (462.66%),

Manganese: 8.51mg (425.27%), Selenium: 107.42µg (153.46%), Vitamin K: 70.34µg (66.99%), Iron: 10.66mg (59.2%), Phosphorus: 542.32mg (54.23%), Vitamin C: 30.7mg (37.21%), Potassium: 1161.28mg (33.18%), Folate: 130.01µg (32.5%), Vitamin B2: 0.53mg (30.9%), Zinc: 4.23mg (28.21%), Magnesium: 111.24mg (27.81%), Vitamin B1: 0.41mg (27.63%), Vitamin E: 3.72mg (24.81%), Vitamin B3: 4.55mg (22.75%), Copper: 0.41mg (20.4%), Vitamin A: 802.9IU (16.06%), Vitamin B5: 1.43mg (14.34%), Fiber: 3.48g (13.92%), Vitamin B6: 0.24mg (11.98%), Calcium: 118.65mg (11.87%)