



## Mussels with Red Curry

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 ounces gemelli tube-shaped uncooked (short pasta)
- ☐ 0.5 cup coconut milk light
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 2 pounds mussels scrubbed
- ☐ 1 teaspoon olive oil
- ☐ 1 tablespoon curry paste red
- ☐ 2 tablespoons shallots finely chopped

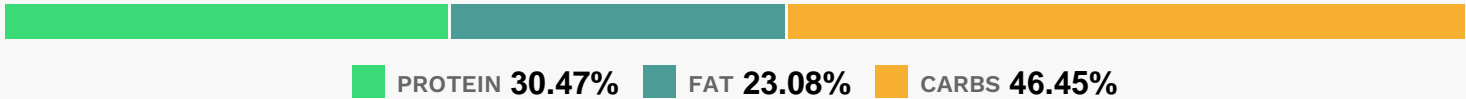
### Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ Cook pasta according to package directions, omitting salt and fat; drain.
- ☐ Heat olive oil in a large skillet over medium heat.
- ☐ Add shallots, and saut 1 minute. Stir in coconut milk, chicken broth, and curry paste, stirring well. Bring to a boil, and add mussels. Cover, reduce heat, and simmer 4 minutes or until mussel shells open. Discard any unopened shells.
- ☐ Divide pasta evenly between 2 shallow bowls; pour broth mixture evenly over pasta, and top evenly with mussels.
- ☐ Sprinkle with chopped parsley, if desired.

## Nutrition Facts



## Properties

Glycemic Index:61, Glycemic Load:21.7, Inflammation Score:-9, Nutrition Score:32.621304387632%

## Nutrients (% of daily need)

Calories: 493.91kcal (24.7%), Fat: 12.28g (18.89%), Saturated Fat: 5.09g (31.79%), Carbohydrates: 55.59g (18.53%), Net Carbohydrates: 53.18g (19.34%), Sugar: 2.91g (3.23%), Cholesterol: 64.77mg (21.59%), Sodium: 725.75mg (31.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.46g (72.93%), Vitamin B12: 27.82µg (463.65%), Manganese: 8.41mg (420.72%), Selenium: 139.59µg (199.42%), Phosphorus: 586.59mg (58.66%), Iron: 10.32mg (57.36%), Vitamin B2: 0.54mg (31.74%), Vitamin A: 1551.78IU (31.04%), Zinc: 4.6mg (30.67%), Vitamin B1: 0.43mg (28.48%), Magnesium: 111.39mg (27.85%), Folate: 110.77µg (27.69%), Vitamin B3: 5.49mg (27.47%), Potassium: 950.86mg (27.17%), Vitamin C: 19.94mg (24.17%), Copper: 0.42mg (21.01%), Vitamin B5: 1.43mg (14.3%), Vitamin B6: 0.24mg (11.83%), Vitamin E: 1.63mg (10.84%), Fiber: 2.41g (9.65%), Calcium: 88.63mg (8.86%), Vitamin K: 1.57µg (1.5%)