



Red Curry Mussels with Kimchi Puree from 'The Kimchi Cookbook

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



779 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce coconut milk canned
- ☐ 4 large garlic clove minced
- ☐ 0.3 cup spring onion finely chopped (2 green onions)
- ☐ 0.3 cup juice of lime fresh plus more to taste (3 limes)
- ☐ 4 pounds mussels rinsed scrubbed
- ☐ 1 cup napa cabbage finely chopped for garnish
- ☐ 2 tablespoons curry paste red

- ☐ 0.3 cup butter unsalted
- ☐ 0.3 cup water

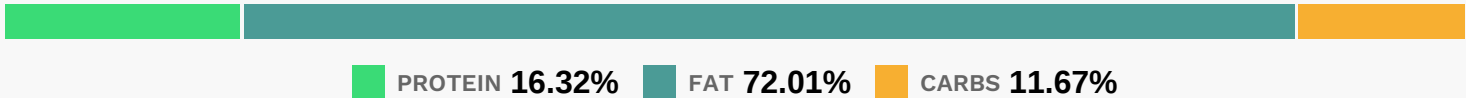
Equipment

- ☐ bowl
- ☐ pot
- ☐ dutch oven

Directions

- ☐ In a 5-quart Dutch oven or heavy-bottomed pot, melt the butter over medium-high heat.
- ☐ Add the ginger and garlic and cook for about 1 minute.
- ☐ Add the curry paste and kimchi and cook, stirring, for another minute. Stir in the coconut milk and water and bring the mixture to a simmer.
- ☐ Add the mussels and cover, reduce the heat to low and cook for 5 to 7 minutes, until the mussels open.
- ☐ Remove the pot from the heat, stir in the lime juice. Top with the green onions and additional kimchi and serve in deep bowls.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:4.77, Inflammation Score:-9, Nutrition Score:39.063913008441%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 779.01kcal (38.95%), Fat: 64.54g (99.3%), Saturated Fat: 50.39g (314.94%), Carbohydrates: 23.55g (7.85%), Net Carbohydrates: 18.39g (6.69%), Sugar: 7.87g (8.74%), Cholesterol: 95.28mg (31.76%), Sodium: 697.33mg (30.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.9g (65.81%), Manganese: 9.78mg (489.13%), Vitamin B12: 27.78µg (463.07%), Selenium: 116.68µg (166.68%), Iron: 12.81mg (71.14%), Phosphorus: 672.11mg (67.21%), Vitamin C: 36.47mg (44.21%), Vitamin A: 2036.49IU (40.73%), Magnesium: 158.19mg (39.55%), Potassium: 1357.78mg (38.79%), Copper: 0.77mg (38.75%), Folate: 149.95µg (37.49%), Zinc: 5.16mg (34.4%), Vitamin B2: 0.51mg (30.04%), Vitamin B1: 0.44mg (29.55%), Vitamin B3: 5.37mg (26.83%), Vitamin K: 22.65µg (21.57%), Fiber: 5.16g (20.63%), Vitamin B5: 1.6mg (15.97%), Vitamin B6: 0.27mg (13.62%), Calcium: 132.92mg (13.29%), Vitamin E: 1.99mg (13.28%), Vitamin D: 0.21µg (1.42%)