



Saffron Mussel Soup

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



446 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaf
- ☐ 1 carrots cut into thin strips
- ☐ 1 celery stalk cut into thin strips
- ☐ 2 cups bottled clam juice
- ☐ 2 cups cooking wine dry white
- ☐ 1 sprig thyme leaves fresh
- ☐ 2 garlic cloves thinly sliced
- ☐ 1.5 cups heavy whipping cream

- ☐ 1 leek cut into thin strips
- ☐ 36 mussels
- ☐ 1 pinch nutmeg
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1 pinch saffron threads
- ☐ 0.5 teaspoon salt
- ☐ 2 shallots thinly sliced
- ☐ 6 tablespoons butter unsalted
- ☐ 1 tablespoon warm water

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ slotted spoon

Directions

- ☐ Remove beards on mussels, and scrub shells with a brush. Discard any opened or cracked mussels.
- ☐ Melt butter in a large saucepan; add shallots and garlic. Saut 3 minutes or until translucent.
- ☐ Add wine; bring to a boil.
- ☐ Add mussels; cover and cook 5 minutes, shaking saucepan occasionally.
- ☐ Remove mussels with a slotted spoon when they open, discarding any that remain closed; set aside.
- ☐ Add fish stock and next 6 ingredients to saucepan; simmer, uncovered, 15 minutes over medium heat. Strain, separately reserving both cooking liquid and vegetables. Discard bay leaf.
- ☐ Add saffron to 1 tablespoon warm water; cover and steep 2 minutes.
- ☐ Heat cream in a saucepan over medium heat until very warm (do not boil).
- ☐ Add saffron mixture to cream. Stir in reserved cooking liquid, salt, and pepper.

- ☐
- Remove half of mussels from shells. Spoon vegetables evenly into shallow serving bowls.
- ☐
- Place 3 shelled mussels and 3 unshelled mussels on top of vegetables. Ladle warm broth over vegetables and mussels.
- ☐
- Serve immediately.

PROTEIN 10.08%FAT 78.84%CARBS 11.08%

Properties

Glycemic Index:75.47, Glycemic Load:2.62, Inflammation Score:-9, Nutrition Score:20.936956768451%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 445.53kcal (22.28%), Fat: 34.57g (53.19%), Saturated Fat: 21.25g (132.81%), Carbohydrates: 10.94g (3.65%), Net Carbohydrates: 10g (3.64%), Sugar: 4.37g (4.86%), Cholesterol: 111.04mg (37.01%), Sodium: 625.95mg (27.22%), Alcohol: 8.24g (100%), Alcohol %: 3.24% (100%), Protein: 9.94g (19.88%), Vitamin B12: 6.08µg (101.26%), Manganese: 1.91mg (95.48%), Vitamin A: 3264.85IU (65.3%), Selenium: 24.92µg (35.6%), Phosphorus: 189.26mg (18.93%), Iron: 2.9mg (16.09%), Vitamin B2: 0.27mg (15.91%), Potassium: 439.09mg (12.55%), Vitamin K: 12.14µg (11.57%), Vitamin B3: 2.22mg (11.1%), Calcium: 105.92mg (10.59%), Folate: 42.2µg (10.55%), Vitamin E: 1.47mg (9.83%), Vitamin C: 7.94mg (9.62%), Magnesium: 38.14mg (9.53%), Vitamin B6: 0.19mg (9.28%), Zinc: 1.21mg (8.09%), Vitamin B1: 0.12mg (7.9%), Vitamin D: 1.16µg (7.75%), Copper: 0.14mg (6.84%), Vitamin B5: 0.53mg (5.3%), Fiber: 0.93g (3.74%)