



Spanish Mussel and Chorizo Soup

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 ounce canned tomatoes diced with their juices canned
- 6 ounces chorizo sausage cut halved lengthwise sliced
- 16 ounce bottled clam juice
- 4 servings crusty french italian
- 0.3 teaspoon fennel seeds whole with the side of a knife
- 1 large garlic clove crushed
- 2 pounds mussels scrubbed
- 1 tablespoon olive oil extra-virgin

- 2 strips orange zest
- 0.5 cup orzo pasta
- 1 shallots finely chopped

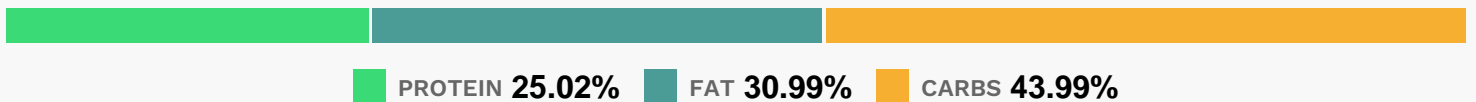
Equipment

- sauce pan

Directions

- Heat the oil in a large saucepan.
- Add the chorizos, shallot, garlic, fennel seeds and orange zest and stir over moderate heat until just beginning to brown, about 5 minutes.
- Add the clam juice, tomatoes and 1 1/3 cups of water. Cover and bring to a boil. Stir in the orzo, cover and cook until barely al dente, about 8 minutes.
- Add the mussels, cover and cook until they open, 4 to 5 minutes. Discard any unopened mussels and the orange zest.
- Serve with bread.
- Wine Recommendation: 1995 Morgan Malvasia Bianca from California or 1994 CUNE Blanco Seco from Rioja, Spain.

Nutrition Facts



Properties

Glycemic Index:67.63, Glycemic Load:10.52, Inflammation Score:-7, Nutrition Score:28.262173735577%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 363.98kcal (18.2%), Fat: 12.5g (19.24%), Saturated Fat: 4.5g (28.13%), Carbohydrates: 39.93g (13.31%), Net Carbohydrates: 36.65g (13.33%), Sugar: 9.17g (10.18%), Cholesterol: 62.39mg (20.8%), Sodium: 880.92mg (38.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.71g (45.43%), Vitamin B12: 13.91µg (231.9%), Manganese:

4.37mg (218.33%), Selenium: 65.19µg (93.13%), Vitamin C: 33.21mg (40.25%), Iron: 6.91mg (38.39%), Phosphorus: 314.19mg (31.42%), Potassium: 831.86mg (23.77%), Vitamin B1: 0.31mg (20.91%), Copper: 0.39mg (19.42%), Folate: 77.45µg (19.36%), Magnesium: 77.19mg (19.3%), Vitamin B2: 0.33mg (19.21%), Vitamin B3: 3.72mg (18.61%), Vitamin E: 2.53mg (16.88%), Zinc: 2.52mg (16.82%), Vitamin B6: 0.34mg (16.79%), Vitamin A: 784.23IU (15.68%), Fiber: 3.28g (13.12%), Vitamin B5: 1.06mg (10.57%), Calcium: 91.92mg (9.19%), Vitamin K: 7.57µg (7.21%)