



food
network

Spicy Steamed Mussels

READY IN



40 min.

SERVINGS



4

CALORIES



638 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1 large ciabatta loaf sliced into 1/ diagonal slices
- ☐ 1 teaspoon curry powder
- ☐ 0.5 bunch cilantro leaves fresh chopped
- ☐ 4 cloves garlic minced
- ☐ 2 inch ginger minced
- ☐ 2 teaspoons ground coriander
- ☐ 3 tablespoons heavy cream
- ☐ 1 lime zest juiced

- ☐ 2 pounds mussels washed and beards removed
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion diced
- ☐ 3 scallions sliced
- ☐ 2 serrano chile peppers diced seeded
- ☐ 4 tablespoons vegetable oil
- ☐ 0.3 cup water
- ☐ 0.5 cup white wine

Equipment

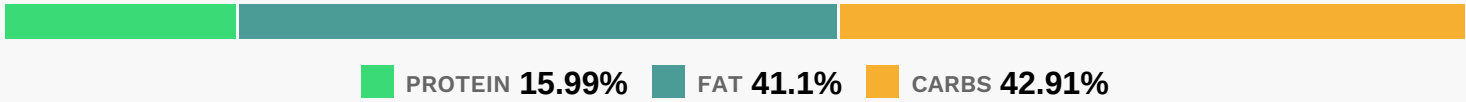
- ☐ frying pan
- ☐ grill
- ☐ dutch oven
- ☐ grill pan

Directions

- ☐ Pick through the washed mussels making sure that they are all tightly closed and all of the beards have been removed.
- ☐ Heat a large Dutch oven over medium heat and add the vegetable oil. When the oil is hot, add the onions, garlic, and ginger and saute until translucent but not brown, about 5 minutes.
- ☐ Add the chiles, curry powder, and coriander and cook for 2 more minutes.
- ☐ Add the wine and the water and bring to a boil.
- ☐ Once the mixture is boiling, add the mussels and cover. Steam the mussels for about 6 to 8 minutes, stirring occasionally, until they have all opened.
- ☐ Remove the mussels from the heat and discard any that are not open.
- ☐ Place the mussels in a large serving platter, cover to keep warm. Return the pan to the heat, add the cream, season with pepper, to taste, and bring to a simmer.
- ☐ Add the cilantro, scallions, lime zest and juice.
- ☐ Pour the liquid over the top of the mussels.
- ☐ Preheat a grill pan to medium-high heat.

- ☐ Drizzle the bread with olive oil and grill 1 minute per side.
- ☐ Serve with the steamed mussels.

Nutrition Facts



Properties

Glycemic Index:67.5, Glycemic Load:3.96, Inflammation Score:-7, Nutrition Score:25.945217329523%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 7.32mg, Hesperetin: 7.32mg, Hesperetin: 7.32mg, Hesperetin: 7.32mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.71mg, Quercetin: 9.71mg, Quercetin: 9.71mg, Quercetin: 9.71mg

Nutrients (% of daily need)

Calories: 638.27kcal (31.91%), Fat: 28.44g (43.75%), Saturated Fat: 6.63g (41.41%), Carbohydrates: 66.81g (22.27%), Net Carbohydrates: 63.35g (23.04%), Sugar: 2.93g (3.25%), Cholesterol: 45.1mg (15.03%), Sodium: 893.1mg (38.83%), Alcohol: 3.09g (100%), Alcohol %: 1.03% (100%), Protein: 24.89g (49.77%), Vitamin B12: 13.9µg (231.63%), Manganese: 4.15mg (207.66%), Selenium: 53.32µg (76.17%), Vitamin K: 52.87µg (50.35%), Iron: 5.45mg (30.29%), Phosphorus: 270.46mg (27.05%), Vitamin C: 21.66mg (26.25%), Vitamin E: 3.12mg (20.81%), Vitamin B2: 0.3mg (17.78%), Folate: 66.13µg (16.53%), Potassium: 561.49mg (16.04%), Vitamin B1: 0.23mg (15.26%), Magnesium: 57.73mg (14.43%), Zinc: 2.16mg (14.4%), Fiber: 3.46g (13.84%), Vitamin A: 550.63IU (11.01%), Vitamin B3: 2.16mg (10.79%), Vitamin B6: 0.2mg (10%), Copper: 0.18mg (9.23%), Calcium: 78.26mg (7.83%), Vitamin B5: 0.75mg (7.48%), Vitamin D: 0.18µg (1.2%)