

food
network



HEALTH SCORE

59%

Steamed Mussels with Corn and Tomatoes - Chorros a la Chalaca



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



153 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cilantro leaves chopped
- ☐ 2 ears corn husked
- ☐ 2 large cloves garlic minced
- ☐ 1 juice of lime juiced
- ☐ 2 pounds mussels (see Note)
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion red cut into tiny dice (1/2 cup)

- ☐ 6 servings sea salt and pepper black freshly ground fine
- ☐ 0.5 serrano chiles minced
- ☐ 8 ounces tomatoes cored seeded cut into small dice (1 1/2 cups)
- ☐ 0.5 cup water
- ☐ 0.5 bell pepper yellow cored seeded cut into small dice (1/2 cup)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ dutch oven
- ☐ cutting board
- ☐ skimmer

Directions

- ☐ Remove as much of the corn silk as possible. Trim off the stalk ends from the cob. Stand the ears up on a cutting board and, using a short sharp knife, shave off the kernels. Get as much of the kernels as possible without cutting into the cob and be careful, the kernels have a tendency to fly all over the kitchen.
- ☐ Put the corn kernels, mussels, and 1/2 cup water in a wide deep skillet or Dutch oven. Cover and bring to a boil over medium-high heat. Steam, shaking the pan occasionally, just until the mussels open up, 3 to 5 minutes.
- ☐ While the mussels are steaming, toss the tomato, red onion, yellow pepper, cilantro, olive oil, garlic, chile, and lime juice together in a bowl. Season with salt and pepper, to taste.
- ☐ When the mussels are open, scoop them out with a skimmer and put them in a serving bowl large enough to hold them comfortably.
- ☐ Add the tomato mixture to the mussel steaming liquid, give it a quick stir and pour everything in the pan over the mussels.
- ☐ Serve hot, warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:34.83, Glycemic Load:2.29, Inflammation Score:-7, Nutrition Score:20.714782466059%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg

Nutrients (% of daily need)

Calories: 153.49kcal (7.67%), Fat: 6.93g (10.66%), Saturated Fat: 1.09g (6.84%), Carbohydrates: 13.14g (4.38%), Net Carbohydrates: 11.58g (4.21%), Sugar: 3.77g (4.19%), Cholesterol: 21.59mg (7.2%), Sodium: 229.58mg (9.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.91g (21.82%), Vitamin B12: 9.25µg (154.22%), Manganese: 2.78mg (139.16%), Selenium: 35.01µg (50.01%), Vitamin C: 35.16mg (42.62%), Phosphorus: 198.28mg (19.83%), Iron: 3.46mg (19.23%), Folate: 57.79µg (14.45%), Potassium: 481.36mg (13.75%), Vitamin B1: 0.2mg (13.28%), Vitamin B2: 0.2mg (11.56%), Magnesium: 45.8mg (11.45%), Vitamin A: 567.35IU (11.35%), Vitamin B3: 2.13mg (10.65%), Zinc: 1.51mg (10.05%), Vitamin E: 1.36mg (9.05%), Vitamin K: 8.37µg (7.97%), Vitamin B6: 0.15mg (7.67%), Copper: 0.14mg (6.99%), Vitamin B5: 0.69mg (6.92%), Fiber: 1.56g (6.23%), Calcium: 33.83mg (3.38%)