



Thai Coconut-Chili Clams and Mussels

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



842 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup slivered basil leaves fresh
- 13.5 oz coconut milk canned (see notes)
- 0.3 cup asian chili sauce sweet (see notes)
- 1 pound clams in shells for steaming (see notes)
- 1 cup cooking wine dry white
- 1 tablespoon garlic minced
- 1.5 tablespoons ginger minced
- 0.3 cup green onions thinly sliced

- 2 tablespoons juice of lime
- 4 servings lime wedges
- 2 tablespoons olive oil
- 4 servings salt
- 0.5 cup shallots minced
- 1 pound mussels in shells (see notes)

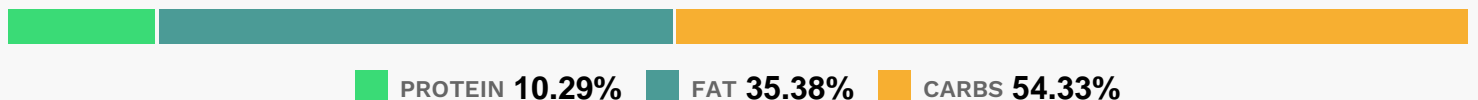
Equipment

- bowl
- frying pan
- ladle

Directions

- Scrub clams and mussels; pull beards off mussels if still attached. Discard any clams and mussels that don't close when you tap their shells.
- Pour olive oil into a 10- to 12-inch frying pan over medium-high heat; when hot, add shallots, ginger, and garlic and stir often until shallots are limp, 2 to 3 minutes. Stir in coconut milk, wine, and chili sauce and bring to a boil.
- Add clams, cover, and cook for 5 minutes.
- Add mussels, cover, and simmer, reducing heat if necessary, until all the shells have opened, 2 to 3 minutes longer. Gently stir in lime juice and basil; add salt to taste.
- Pour into a large bowl for sharing, or ladle into individual bowls.
- Sprinkle green onions on top and garnish with lime wedges.

Nutrition Facts



Properties

Glycemic Index:73.25, Glycemic Load:36.06, Inflammation Score:-7, Nutrition Score:24.233478235162%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.34mg, Hesperetin: 1.34mg, Hesperetin: 1.34mg, Hesperetin: 1.34mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 841.93kcal (42.1%), Fat: 31.87g (49.03%), Saturated Fat: 21.52g (134.48%), Carbohydrates: 110.14g (36.71%), Net Carbohydrates: 102.93g (37.43%), Sugar: 19.69g (21.88%), Cholesterol: 5.1mg (1.7%), Sodium: 445.92mg (19.39%), Alcohol: 6.18g (100%), Alcohol %: 2.13% (100%), Protein: 20.86g (41.72%), Selenium: 83.59µg (119.41%), Manganese: 2.16mg (108.25%), Phosphorus: 381.61mg (38.16%), Copper: 0.65mg (32.45%), Vitamin B12: 1.92µg (32.03%), Vitamin K: 30.57µg (29.12%), Magnesium: 116.19mg (29.05%), Fiber: 7.21g (28.83%), Iron: 4.13mg (22.92%), Potassium: 711.43mg (20.33%), Vitamin B6: 0.37mg (18.34%), Zinc: 2.61mg (17.37%), Vitamin B3: 2.95mg (14.73%), Folate: 55.1µg (13.77%), Vitamin C: 10.27mg (12.45%), Vitamin B1: 0.16mg (10.82%), Vitamin E: 1.49mg (9.95%), Vitamin B5: 0.84mg (8.41%), Calcium: 77.25mg (7.72%), Vitamin B2: 0.1mg (6.02%), Vitamin A: 245.23IU (4.9%)