



Thai-Flavored Mussels

 Very Healthy

READY IN



25 min.

SERVINGS



1

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon fish sauce
- ☐ 0.5 cup coriander fresh chopped
- ☐ 2 garlic cloves minced sliced
- ☐ 0.5 inch ginger minced
- ☐ 3 kaffir lime leaves shredded minced chopped 4-inch
- ☐ 1 tablespoon juice of lime
- ☐ 1 tablespoon mirin
- ☐ 12 ounces mussels cleaned preferably cultivated, or and bearded

- ☐ 1 shallots minced
- ☐ 0.5 cup veggie broth light such as vegetable, chicken, fish or dashi
- ☐ 0.5 cup water boiling
- ☐ 1 and or fresh green red seeded sliced chopped finely

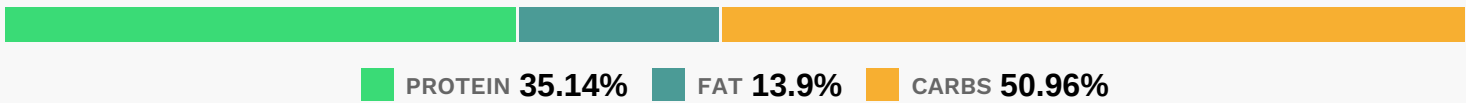
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring 2 cups of water to the boil.
- ☐ Put the stock, shallot, garlic, lime leaves, and ginger in a saucepan, cover and let it bubble away at a moderate to high heat for 3 to 5 minutes or until you have a thickish, softish mess at the bottom of the pan. Check to make sure it isn't either burning or just getting too dry for comfort, and add a bit of boiling water if it is. Meanwhile, put the mussels in a sink filled with ice-cold water. Chuck away any that don't sink and then, as you remove them, make doubly sure by chucking away any that don't shut when you tap then sharply. I wouldn't expect you to have to throw many away, so don't worry unduly.
- ☐ Add the chile pepper to the mixture in the pan. After about 30 seconds, or just long enough to get them out of the sink, add the mussels and then throw over them 1/2 cup boiling water, and then the lime juice, mirin, and fish sauce mixed together. Cover, give the pan a shake, and leave on a high heat for about 3 minutes, by which time the mussels should have steamed open.
- ☐ Add half the coriander, shake again, and pour into a noodle bowl.
- ☐ Sprinkle over the remaining coriander and eat.

Nutrition Facts



Properties

Glycemic Index:247, Glycemic Load:10.24, Inflammation Score:-10, Nutrition Score:41.069999943609%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg

Nutrients (% of daily need)

Calories: 293.11kcal (14.66%), Fat: 4.71g (7.24%), Saturated Fat: 0.87g (5.41%), Carbohydrates: 38.83g (12.94%), Net Carbohydrates: 33.23g (12.08%), Sugar: 9.45g (10.5%), Cholesterol: 48.58mg (16.19%), Sodium: 2100.45mg (91.32%), Alcohol: 1.7g (100%), Alcohol %: 0.41% (100%), Protein: 26.77g (53.54%), Vitamin B12: 20.91µg (348.44%), Manganese: 6.47mg (323.26%), Vitamin C: 98.81mg (119.76%), Vitamin A: 5878.02IU (117.56%), Selenium: 81.22µg (116.03%), Iron: 8.9mg (49.44%), Phosphorus: 447.4mg (44.74%), Magnesium: 135.4mg (33.85%), Folate: 134.31µg (33.58%), Vitamin B6: 0.66mg (32.85%), Potassium: 1126.17mg (32.18%), Vitamin B1: 0.46mg (30.68%), Vitamin B2: 0.52mg (30.51%), Vitamin K: 31.67µg (30.16%), Vitamin B3: 5.12mg (25.6%), Zinc: 3.58mg (23.89%), Fiber: 5.59g (22.38%), Copper: 0.4mg (20.18%), Vitamin B5: 1.31mg (13.07%), Calcium: 113.58mg (11.36%), Vitamin E: 1.52mg (10.14%)