



WHATSheATE



Thai Green Curry Mussels



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce bottled clam juice
- ☐ 1 teaspoon fish sauce
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1.5 teaspoons curry paste green
- ☐ 13.5 ounce coconut milk light canned
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 teaspoon lime rind grated
- ☐ 2 pounds mussels scrubbed

- ☐ 3.5 ounce boil-in-bag rice long-grain white
- ☐ 1 teaspoon sugar
- ☐ 1 cup water

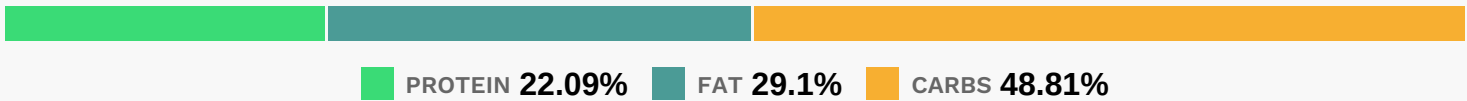
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Cook rice according to the package directions, omitting salt and fat.
- ☐ Combine 1 cup water and next 7 ingredients (through clam juice) in a large Dutch oven over medium-high heat.
- ☐ Add mussels to pan; bring to a boil. Cover and steam 5 minutes or until mussels open; discard any unopened shells. Stir in cilantro.
- ☐ Place about 1/2 cup rice in each of 4 bowls; ladle about 20 mussels and 1 cup coconut mixture over rice.
- ☐ Garnish with lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:61.32, Glycemic Load:14.79, Inflammation Score:-6, Nutrition Score:22.001304512439%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 305.82kcal (15.29%), Fat: 9.39g (14.45%), Saturated Fat: 6.97g (43.55%), Carbohydrates: 35.45g (11.82%), Net Carbohydrates: 34.75g (12.63%), Sugar: 3.24g (3.6%), Cholesterol: 32.39mg (10.8%), Sodium: 738.55mg (32.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.04g (32.08%), Vitamin B12: 13.9µg (231.74%), Manganese: 4.23mg (211.56%), Selenium: 55.95µg (79.94%), Iron: 4.95mg (27.48%), Phosphorus: 264.51mg (26.45%), Vitamin C: 15.01mg (18.19%), Vitamin B2: 0.27mg (15.66%), Zinc: 2.19mg (14.59%), Vitamin B1: 0.22mg (14.5%), Folate: 57.48µg (14.37%), Potassium: 469.69mg (13.42%), Vitamin A: 659.01IU (13.18%), Magnesium: 52.56mg (13.14%), Vitamin B3: 2.44mg (12.2%), Copper: 0.2mg (9.77%), Vitamin B5: 0.9mg (8.97%), Vitamin B6: 0.14mg (7.2%), Vitamin E: 0.78mg (5.18%), Calcium: 48.72mg (4.87%), Vitamin K: 4.32µg (4.12%), Fiber: 0.7g (2.8%)