



Thai Red Curry Mussels



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons basil leaves italian chopped
- ☐ 2 tablespoons cilantro stems fresh chopped
- ☐ 2 tablespoons fish sauce nam pla
- ☐ 1 stalk lemongrass crushed
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2.5 pounds mussels scrubbed
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 3 tablespoons thai curry paste red

- ☐ 1 can coconut milk unsweetened
- ☐ 0.5 cup white wine

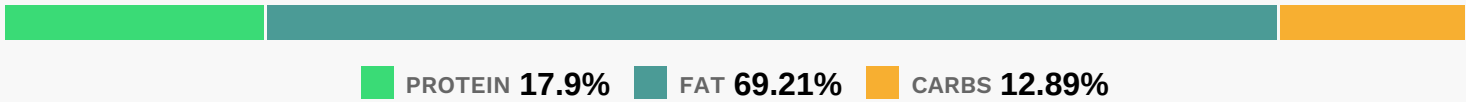
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ grill
- ☐ dutch oven

Directions

- ☐ Heat grill to high.
- ☐ Heat the oil in a heavy Dutch oven on the grates of the grill until shimmering.
- ☐ Add the lemongrass, curry paste, wine, coconut milk, fish sauce, and lime juice and bring to a simmer, whisking.
- ☐ Add the mussels, cover the pot, and let steam until opened. During the last minute of cooking, add the cilantro and basil.
- ☐ Serve from Dutch oven into individual bowls, discarding the lemongrass.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:2.8, Inflammation Score:-9, Nutrition Score:29.448260639025%

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 Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 463kcal (23.15%), Fat: 34.9g (53.69%), Saturated Fat: 23.25g (145.33%), Carbohydrates: 14.62g (4.87%), Net Carbohydrates: 11.94g (4.34%), Sugar: 4.89g (5.43%), Cholesterol: 40.48mg (13.49%), Sodium: 1137.26mg (49.45%), Alcohol: 3.09g (100%), Alcohol %: 1.24% (100%), Protein: 20.31g (40.61%), Manganese: 6.11mg (305.45%), Vitamin B12: 17.39µg (289.89%), Selenium: 71.86µg (102.66%), Iron: 8.18mg (45.42%), Vitamin A: 2127.26IU (42.55%), Phosphorus: 396.91mg (39.69%), Magnesium: 109.09mg (27.27%), Potassium: 815.71mg (23.31%), Vitamin C: 18.12mg (21.96%), Folate: 86.66µg (21.67%), Copper: 0.43mg (21.39%), Zinc: 3.14mg (20.97%), Vitamin B2: 0.32mg (18.9%), Vitamin B1: 0.26mg (17.67%), Vitamin B3: 3.39mg (16.93%), Vitamin E: 2.08mg (13.88%), Fiber: 2.68g (10.74%), Vitamin B5: 0.95mg (9.46%), Vitamin K: 9.38µg (8.93%), Calcium: 83.07mg (8.31%), Vitamin B6: 0.17mg (8.26%)