



Thai-Style Mussels with Pickled Ginger



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon chile paste with garlic
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 cup coconut milk light
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.3 teaspoon lime rind
- ☐ 2 pounds mussels scrubbed (40 mussels)
- ☐ 0.3 cup pickled ginger minced

- ☐ 0.5 cup shallots minced
- ☐ 2 teaspoons vegetable oil

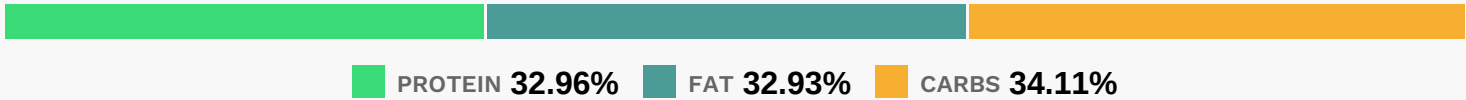
Equipment

- ☐ dutch oven

Directions

- ☐ Heat the oil in a large Dutch oven over medium-high heat.
- ☐ Add the shallots, chile paste, and garlic; cook 2 minutes or until tender, stirring constantly.
- ☐ Add coconut milk and next 5 ingredients (coconut milk through mussels); bring to a boil. Cover and cook 5 minutes or until shells open.
- ☐ Remove from heat; discard any unopened shells.
- ☐ Garnish with parsley sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:23.63, Glycemic Load:1.9, Inflammation Score:-5, Nutrition Score:16.914347793745%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.71mg, Hesperetin: 0.71mg, Hesperetin: 0.71mg, Hesperetin: 0.71mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 91.88kcal (4.59%), Fat: 3.35g (5.16%), Saturated Fat: 1.27g (7.95%), Carbohydrates: 7.81g (2.6%), Net Carbohydrates: 7.08g (2.57%), Sugar: 1.62g (1.8%), Cholesterol: 16.19mg (5.4%), Sodium: 180.22mg (7.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.55g (15.1%), Vitamin B12: 6.94µg (115.67%), Manganese: 2.04mg (101.85%), Selenium: 26.22µg (37.46%), Vitamin K: 33.08µg (31.5%), Iron: 2.65mg (14.73%), Vitamin C: 11.4mg (13.81%), Phosphorus: 129.09mg (12.91%), Folate: 33.95µg (8.49%), Potassium: 293.34mg (8.38%), Vitamin B2: 0.13mg (7.75%), Vitamin B1: 0.11mg (7.29%), Zinc: 1.04mg (6.96%), Magnesium: 27.83mg (6.96%), Vitamin B3:

1.08mg (5.4%), Vitamin B6: 0.1mg (5.21%), Vitamin A: 258.9IU (5.18%), Copper: 0.09mg (4.63%), Vitamin B5: 0.37mg (3.66%), Vitamin E: 0.47mg (3.14%), Fiber: 0.73g (2.93%), Calcium: 26.44mg (2.64%)