



The Secret Ingredient (Curry): Bombay Mussels with Peas

READY IN



10 min.

SERVINGS



4

CALORIES



472 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground
- 2 tablespoons butter
- 1.5 teaspoons curry powder
- 1 cup cup heavy whipping cream
- 4 servings kosher salt
- 2 pounds mussels with a spoonful of flour and a handful of ice for an hour in a bowl of water
- 4 servings naan breads for serving
- 0.7 cup peas frozen thawed

4 spring onion sliced

0.3 cup water

Equipment

frying pan

pot

Directions

In a high-sided braising pan, melt the butter over medium heat.

Add the scallions, and sauté until soft, about 2 minutes.

Add the curry powder, and sauté an additional 30 seconds.

Add the water, peas, and mussels to the pot, and season with salt and pepper. Cover, and steam over medium heat until all mussels open, about 5 minutes. Turn off the heat, stir in the cream, and serve with warm naan.

Nutrition Facts

 PROTEIN 16.59%  FAT 61.76%  CARBS 21.65%

Properties

Glycemic Index:53.33, Glycemic Load:3.27, Inflammation Score:-8, Nutrition Score:26.370869429215%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 471.69kcal (23.58%), Fat: 32.42g (49.88%), Saturated Fat: 18.31g (114.44%), Carbohydrates: 25.58g (8.53%), Net Carbohydrates: 23.12g (8.41%), Sugar: 4.4g (4.89%), Cholesterol: 117.15mg (39.05%), Sodium: 801.68mg (34.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.6g (39.19%), Vitamin B12: 13.99µg (233.12%), Manganese: 4.1mg (204.85%), Selenium: 54.31µg (77.59%), Vitamin K: 34.26µg (32.62%), Vitamin A: 1547.1IU (30.94%), Iron: 5.4mg (29.98%), Phosphorus: 297.37mg (29.74%), Vitamin C: 21.62mg (26.2%), Vitamin B2: 0.4mg (23.58%), Folate: 75.73µg (18.93%), Vitamin B1: 0.27mg (18.01%), Zinc: 2.38mg (15.87%), Potassium: 533.36mg (15.24%), Magnesium: 56.24mg (14.06%), Vitamin B3: 2.49mg (12.43%), Calcium: 109.98mg (11%), Vitamin E: 1.61mg (10.73%), Fiber: 2.46g (9.84%), Copper: 0.18mg (8.89%), Vitamin B5: 0.77mg (7.73%), Vitamin B6: 0.14mg (6.8%), Vitamin D: 0.95µg (6.35%)