



Toby's Mussel Chowder



Gluten Free

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READY IN

ready

80 min.

SERVINGS

servings

6

CALORIES

calories

370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 pound bacon chopped
- ☐ 1 tablespoon butter
- ☐ 2 cups celery chopped
- ☐ 1 tablespoon basil dried
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 2 cups fish stock
- ☐ 1 tablespoon garlic chopped
- ☐ 1 cups milk thick (depends on how you want chowder)

- ☐ 2 pounds mussels scrubbed
- ☐ 2 cups onions chopped
- ☐ 1 teaspoon pepper
- ☐ 4 cups potatoes ()
- ☐ 2 teaspoons salt
- ☐ 1 cup white wine

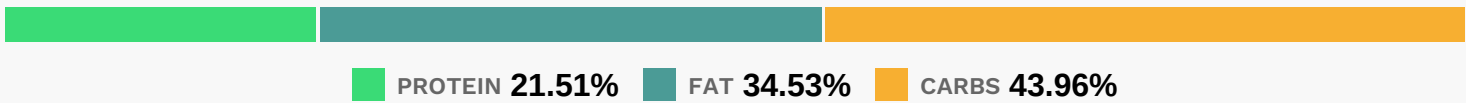
Equipment

- ☐ pot

Directions

- ☐ Place wine, butter, garlic, and 1 tablespoon basil in a stockpot and brings to a simmer.
- ☐ Add mussels and steam, covered, over high heat, for 8 to 12 minutes. Check to see when shells begin to open, be careful not to overcook. When mussels open, remove them from the heat, and drain, reserving liquid. Set mussels aside to cool, discarding any unopened mussels. When cool, remove meat from shells, chop coarsely, and refrigerate until needed.
- ☐ In a stockpot, over medium-high heat, saute bacon until fat is rendered and bacon begins to brown.
- ☐ Add onions, celery and cook until onions turn translucent, 6 to 8 minutes.
- ☐ Add potatoes and thyme and cook for 3 to 4 minutes.
- ☐ Add stock or clam juice, reserved mussel liquid, remaining 1 tablespoon basil, salt and pepper. Bring to a boil, lower heat and simmer, covered, for 30 minutes, or until potatoes are soft and begin to thicken chowder.
- ☐ Add milk, chopped mussels and bring back to simmer. Reheat for 2 to 3 minutes. Check for seasoning.
- ☐ Serve with garlic bread.

Nutrition Facts



Properties

Glycemic Index:59.63, Glycemic Load:21.62, Inflammation Score:-8, Nutrition Score:29.311304455218%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.98mg, Quercetin: 11.98mg, Quercetin: 11.98mg, Quercetin: 11.98mg

Nutrients (% of daily need)

Calories: 370.41kcal (18.52%), Fat: 13.19g (20.3%), Saturated Fat: 5g (31.24%), Carbohydrates: 37.79g (12.6%), Net Carbohydrates: 32.89g (11.96%), Sugar: 6.25g (6.94%), Cholesterol: 43.96mg (14.65%), Sodium: 1450.2mg (63.05%), Alcohol: 4.12g (100%), Alcohol %: 1.06% (100%), Protein: 18.49g (36.99%), Vitamin B12: 9.65µg (160.88%), Manganese: 3.13mg (156.27%), Selenium: 40.8µg (58.29%), Vitamin C: 39.18mg (47.49%), Phosphorus: 360.18mg (36.02%), Potassium: 1226.69mg (35.05%), Vitamin B6: 0.67mg (33.52%), Iron: 5.39mg (29.92%), Vitamin K: 26.14µg (24.89%), Vitamin B3: 4.89mg (24.44%), Vitamin B1: 0.35mg (23.19%), Magnesium: 85.22mg (21.3%), Vitamin B2: 0.35mg (20.78%), Folate: 83.04µg (20.76%), Fiber: 4.9g (19.62%), Copper: 0.33mg (16.55%), Calcium: 162.2mg (16.22%), Zinc: 2.37mg (15.78%), Vitamin B5: 1.24mg (12.44%), Vitamin A: 421.33IU (8.43%), Vitamin E: 0.9mg (5.98%), Vitamin D: 0.52µg (3.49%)