



# Ale-Steamed Mussels with French Bread

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup ale
- 1 tablespoon bottled garlic minced
- 2 inch diagonally bread baguette french cut
- 0.5 cup bottled clam juice
- 0.3 cup parsley fresh chopped
- 2 tablespoons juice of lemon fresh
- 2 pounds mussels scrubbed ( 40 mussels)
- 1 cup tomatoes chopped

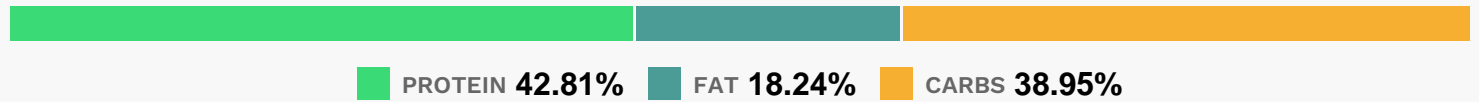
# Equipment

- bowl
- pot

# Directions

- Combine first 6 ingredients in a large stockpot; cover and bring to a boil.
- Add mussels; cover and cook 4 minutes or until shells open.
- Remove from heat; discard any unopened shells.
- Divide the mussels and broth evenly among 2 shallow bowls, and serve with bread.

# Nutrition Facts



# Properties

Glycemic Index:124.58, Glycemic Load:8.17, Inflammation Score:-9, Nutrition Score:39.217826159104%

# Flavonoids

Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 1.73mg, Myricetin: 1.73mg, Myricetin: 1.73mg, Myricetin: 1.73mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg Gallic acid: 0.09mg, Gallic acid: 0.09mg, Gallic acid: 0.09mg, Gallic acid: 0.09mg

# Nutrients (% of daily need)

Calories: 316.52kcal (15.83%), Fat: 5.72g (8.79%), Saturated Fat: 1.05g (6.55%), Carbohydrates: 27.46g (9.15%), Net Carbohydrates: 25.69g (9.34%), Sugar: 4.6g (5.11%), Cholesterol: 64.77mg (21.59%), Sodium: 903.21mg (39.27%), Alcohol: 4.6g (100%), Alcohol %: 1.13% (100%), Protein: 30.18g (60.36%), Vitamin B12: 27.8µg (463.35%), Manganese: 8.15mg (407.6%), Vitamin K: 170.37µg (162.26%), Selenium: 106.4µg (152%), Vitamin C: 53.12mg (64.39%), Iron: 10.3mg (57.23%), Phosphorus: 518.38mg (51.84%), Vitamin A: 1922.87IU (38.46%), Folate: 140.73µg (35.18%), Vitamin B2: 0.56mg (33.13%), Potassium: 1105.83mg (31.6%), Vitamin B1: 0.45mg (30.24%), Zinc: 4.11mg (27.43%), Magnesium: 105.7mg (26.43%), Vitamin B3: 5.22mg (26.12%), Vitamin B6: 0.38mg (18.87%), Copper:

0.33mg (16.4%), Vitamin B5: 1.45mg (14.46%), Vitamin E: 1.85mg (12.32%), Calcium: 108.5mg (10.85%), Fiber: 1.76g (7.06%)