



HEALTH SCORE

83%

Basque Steamed Mussels



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



187 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cooking wine dry white
- ☐ 2 cups fat-skimmed chicken broth
- ☐ 2 teaspoons garlic minced
- ☐ 0.5 lb bell pepper green
- ☐ 2 teaspoons hot sauce
- ☐ 72 mussels scrubbed (3 in. each)
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 cup onion chopped

- ☐ 2 tablespoons parsley chopped
- ☐ 5 bell peppers red ()
- ☐ 6 servings salt

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Place red and green peppers in a 10- by 15-inch pan. Broil about 4 inches from heat until pepper skins are charred and blistered all over, turning as needed, 15 to 20 minutes. Cool. Pull off and discard skins, stems, and seeds. Chop red and green peppers separately.
- ☐ In a food processor or blender, pure 3/4 of the red peppers until smooth.
- ☐ In a 6- to 8-quart pan over high heat, combine 1 teaspoon olive oil and the garlic. Stir often until garlic is limp, about 1 minute.
- ☐ Add onion, clam juice, wine, 1 teaspoon habanero vinegar, and red pepper pure. Cover and bring to a boil.
- ☐ Discard any gaping mussels that do not close when shells are tapped.
- ☐ Add mussels to pan, cover, and cook until shells pop open, 5 to 10 minutes. With a slotted spoon, transfer mussels to wide bowls.
- ☐ Add chopped green and red peppers to broth; bring to a boil.
- ☐ Add parsley and season mixture to taste with salt and more habanero vinegar. Ladle over mussels.
- ☐ Drizzle each serving with olive oil to taste.

Nutrition Facts



Properties

Glycemic Index:32.67, Glycemic Load:3.98, Inflammation Score:-10, Nutrition Score:31.37478270738%

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: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 2.41mg, Luteolin: 2.41mg, Luteolin: 2.41mg, Luteolin: 2.41mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg

Nutrients (% of daily need)

Calories: 186.79kcal (9.34%), Fat: 5.06g (7.79%), Saturated Fat: 0.83g (5.21%), Carbohydrates: 15.42g (5.14%), Net Carbohydrates: 12.17g (4.43%), Sugar: 6.74g (7.49%), Cholesterol: 27.42mg (9.14%), Sodium: 827.69mg (35.99%), Alcohol: 4.12g (100%), Alcohol %: 1.36% (100%), Protein: 13.8g (27.6%), Vitamin C: 170.21mg (206.32%), Vitamin B12: 11.9µg (198.36%), Manganese: 3.6mg (179.8%), Vitamin A: 3516.54IU (70.33%), Selenium: 45.95µg (65.64%), Vitamin K: 31.34µg (29.85%), Iron: 4.81mg (26.74%), Phosphorus: 251.95mg (25.2%), Vitamin B6: 0.5mg (25.02%), Folate: 98.88µg (24.72%), Potassium: 692.15mg (19.78%), Vitamin B2: 0.33mg (19.59%), Vitamin E: 2.6mg (17.33%), Vitamin B1: 0.25mg (17%), Vitamin B3: 3.24mg (16.22%), Magnesium: 57.38mg (14.35%), Zinc: 2mg (13.33%), Fiber: 3.25g (12.99%), Vitamin B5: 1mg (9.96%), Copper: 0.17mg (8.29%), Calcium: 52.84mg (5.28%)