



Big Mussels with Garlic and Vermouth

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



12 min.

SERVINGS



2

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup vermouth white dry
- 2 tablespoons parsley leaves fresh chopped
- 2 cloves cracked garlic
- 1.5 pounds mussels -- ask at counter to check that they have been scrubbed
- 2 tablespoons olive oil extra-virgin
- 1 small onion red thinly sliced
- 2 servings salt and pepper

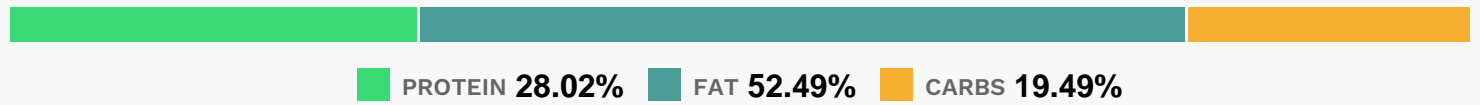
Equipment

- bowl
- frying pan

Directions

- Heat pan over medium high heat.
- Add oil, garlic and thinly sliced red onion, then mussels. Arrange mussels in a single layer.
- Add vermouth to the pan and cover. Cook until mussels open. Discard any unopened shells.
- Transfer mussels to a bowl.
- Pour juice over mussels and sprinkle with parsley, salt and pepper. You'll need a second bowl, for shells.

Nutrition Facts



Properties

Glycemic Index:69.5, Glycemic Load:4.65, Inflammation Score:-8, Nutrition Score:29.862173868262%

Flavonoids

Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 11.23mg, Quercetin: 11.23mg, Quercetin: 11.23mg, Quercetin: 11.23mg

Nutrients (% of daily need)

Calories: 348.88kcal (17.44%), Fat: 17.99g (27.67%), Saturated Fat: 2.7g (16.88%), Carbohydrates: 15.03g (5.01%), Net Carbohydrates: 13.9g (5.05%), Sugar: 2.4g (2.66%), Cholesterol: 48.58mg (16.19%), Sodium: 695.23mg (30.23%), Alcohol: 5.7g (100%), Alcohol %: 2.33% (100%), Protein: 21.6g (43.21%), Vitamin B12: 20.82µg (347%), Manganese: 6.03mg (301.35%), Selenium: 78.43µg (112.05%), Vitamin K: 74.47µg (70.93%), Iron: 7.35mg (40.82%), Phosphorus: 364.65mg (36.47%), Vitamin C: 24.21mg (29.34%), Vitamin B2: 0.39mg (22.73%), Folate: 89.49µg (22.37%), Vitamin B1: 0.31mg (20.82%), Vitamin E: 3.01mg (20.09%), Zinc: 2.95mg (19.65%), Potassium: 669.87mg (19.14%), Magnesium: 67.24mg (16.81%), Vitamin B3: 2.91mg (14.57%), Vitamin A: 615.93IU (12.32%), Copper: 0.2mg (9.98%), Vitamin B5: 0.97mg (9.69%), Vitamin B6: 0.19mg (9.68%), Calcium: 68.97mg (6.9%), Fiber: 1.13g (4.52%)