



Buttery Steamed Mussels with Sake and Chiles

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 tablespoons butter divided
- ☐ 1 cup cilantro leaves fresh chopped
- ☐ 3 large garlic clove pressed
- ☐ 2.5 cups spring onion chopped (10 large)
- ☐ 2.5 pounds mussels scrubbed
- ☐ 1 cup rice wine
- ☐ 2 teaspoons soya sauce

☐

6 serrano chiles with seeds or 3 small serrano chiles with seeds, sliced crosswise into thin rounds

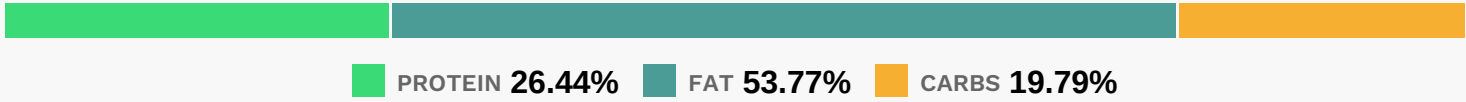
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Melt 3 tablespoons butter in large pot over medium-high heat.
- ☐ Add green onions and sauté until beginning to soften, about 2 minutes.
- ☐ Add next 5 ingredients. Bring to boil.
- ☐ Add mussels. Cover pot and increase heat to high. Cook until mussels open, 5 to 6 minutes.
- ☐ Divide mussels among bowls (discard any mussels that do not open). Boil juices in pot to reduce slightly, about 1 minute.
- ☐ Whisk in remaining 2 tablespoons butter. Season sauce to taste with salt and pepper. Spoon sauce over mussels; serve.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:3.86, Inflammation Score:-9, Nutrition Score:31.853043597677%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 10.27mg, Quercetin: 10.27mg, Quercetin: 10.27mg, Quercetin: 10.27mg

Nutrients (% of daily need)

Calories: 359.17kcal (17.96%), Fat: 17.62g (27.11%), Saturated Fat: 9.64g (60.24%), Carbohydrates: 14.59g (4.86%), Net Carbohydrates: 12.45g (4.53%), Sugar: 1.92g (2.13%), Cholesterol: 78.11mg (26.04%), Sodium: 707.93mg (30.78%), Alcohol: 9.66g (100%), Alcohol %: 4.04% (100%), Protein: 19.5g (39%), Vitamin B12: 17.38µg (289.66%), Manganese: 5.1mg (255.11%), Vitamin K: 144.24µg (137.38%), Selenium: 66.58µg (95.11%), Iron: 6.96mg (38.65%), Vitamin C: 29.14mg (35.32%), Vitamin A: 1646.23IU (32.92%), Phosphorus: 328.62mg (32.86%), Folate: 106.41µg

(26.6%), Vitamin B2: 0.38mg (22.38%), Potassium: 718.04mg (20.52%), Vitamin B1: 0.28mg (18.69%), Zinc: 2.67mg (17.78%), Magnesium: 70.39mg (17.6%), Vitamin B3: 2.97mg (14.83%), Vitamin E: 1.71mg (11.39%), Copper: 0.22mg (11.23%), Vitamin B6: 0.2mg (9.81%), Calcium: 98.13mg (9.81%), Fiber: 2.14g (8.57%), Vitamin B5: 0.85mg (8.55%)