



## Calico Mussels

 **Gluten Free**  **Dairy Free**

READY IN



**50 min.**

SERVINGS



**24**

CALORIES



**45 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 small carrots shredded
- 0.3 cup parsley fresh chopped
- 3 cloves garlic minced
- 0.3 teaspoon ground pepper black
- 1 lemon wedges
- 2 pounds mussels cleaned
- 0.3 cup olive oil
- 1 small onion minced

- 0.5 bell pepper red chopped
- 3 tablespoons red wine vinegar
- 1 pinch salt
- 0.5 cup white wine
- 0.5 bell pepper yellow chopped

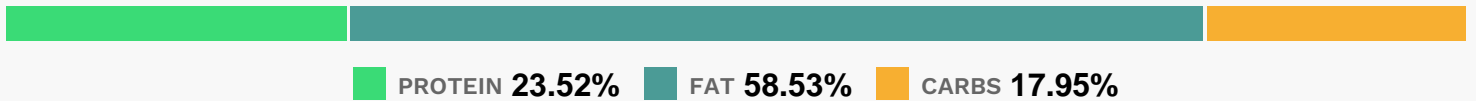
## Equipment

- bowl
- frying pan
- slotted spoon

## Directions

- Combine wine, onion, and lemon in a large skillet; add mussels. Bring mixture to a simmer and steam mussels until they break open, about 5 minutes.
- Transfer mussels to a bowl using a slotted spoon and continue simmering wine mixture until slightly reduced, about 5 more minutes.
- Remove mussels from shells, reserving some shells for serving.
- Heat olive oil in a skillet over medium-low heat; cook and stir garlic until fragrant, about 2 minutes. Stir reduced wine, carrot, red bell pepper, yellow bell pepper, parsley, vinegar, pepper, and salt into garlic; cook until heated through, 3 to 5 minutes.
- Mix mussels and vegetable-wine mixture together in a bowl; marinate in refrigerator, about 24 hours.
- Serve by scooping a mussel and marinade into reserved half shells arranged on a platter.

## Nutrition Facts



## Properties

Glycemic Index:12.1, Glycemic Load:0.59, Inflammation Score:-4, Nutrition Score:6.8026088476181%

## Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

## **Nutrients (% of daily need)**

Calories: 45.31kcal (2.27%), Fat: 2.71g (4.17%), Saturated Fat: 0.4g (2.49%), Carbohydrates: 1.87g (0.62%), Net Carbohydrates: 1.63g (0.59%), Sugar: 0.4g (0.45%), Cholesterol: 5.4mg (1.8%), Sodium: 59.33mg (2.58%), Alcohol: 0.51g (100%), Alcohol %: 1.63% (100%), Protein: 2.45g (4.9%), Vitamin B12: 2.31µg (38.56%), Manganese: 0.68mg (34.24%), Vitamin C: 10.96mg (13.28%), Selenium: 8.73µg (12.47%), Vitamin K: 12.09µg (11.52%), Vitamin A: 514.49IU (10.29%), Iron: 0.88mg (4.9%), Phosphorus: 42.93mg (4.29%), Vitamin E: 0.49mg (3.27%), Folate: 11.93µg (2.98%), Vitamin B2: 0.05mg (2.77%), Potassium: 93.68mg (2.68%), Vitamin B1: 0.04mg (2.5%), Zinc: 0.35mg (2.31%), Magnesium: 8.77mg (2.19%), Vitamin B3: 0.4mg (1.98%), Vitamin B6: 0.04mg (1.79%), Copper: 0.03mg (1.31%), Vitamin B5: 0.13mg (1.26%)