



Cider-Braised Mussels with Bacon



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce apple cider hard
- ☐ 3 slices bacon cut into 1/2-inch pieces
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 cups leek thinly sliced (1 large)
- ☐ 2 pounds mussels scrubbed

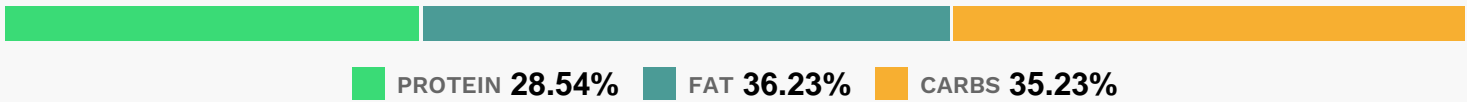
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Cook bacon in a Dutch oven over medium-high heat until crisp.
- ☐ Remove bacon from pan, reserving 2 teaspoons drippings in pan. Crumble bacon; set aside.
- ☐ Add leek, salt, and pepper to pan; saut 3 minutes or until tender.
- ☐ Add bacon, mussels, and cider; bring to a boil. Cover and cook 5 minutes or until mussels open; discard any unopened shells.
- ☐ Place about 9 mussels into each of 4 shallow bowls. Ladle about 1/2 cup broth mixture into each bowl, and sprinkle each serving with 1 1/2 teaspoons chopped parsley.
- ☐ Beer note: When creating this meal, don't forget to chill the beer. Porter is a versatile style of dark beer that is less charred-tasting and lighter-bodied than most stouts. Try Sierra Nevada Porter (\$8/six-pack) from California. Medium-bodied with grapefruit hop notes, it's light enough for a spinach salad, with caramel, coffee, and smoky flavors to complement the bacon and mussel broth. -Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:46.69, Glycemic Load:7.77, Inflammation Score:-8, Nutrition Score:25.930869514528%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Epicatechin: 4.01mg, Epicatechin: 4.01mg, Epicatechin: 4.01mg, Epicatechin: 4.01mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 235.42kcal (11.77%), Fat: 9.4g (14.46%), Saturated Fat: 2.73g (17.03%), Carbohydrates: 20.58g (6.86%), Net Carbohydrates: 19.52g (7.1%), Sugar: 9.93g (11.04%), Cholesterol: 43.28mg (14.43%), Sodium: 598.81mg (26.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.67g (33.33%), Vitamin B12: 13.96µg (232.71%), Manganese: 4.22mg (211.15%), Selenium: 55.67µg (79.53%), Vitamin K: 53.93µg (51.36%), Iron: 5.8mg (32.25%), Phosphorus: 274.41mg (27.44%), Vitamin A: 1102.66IU (22.05%), Vitamin C: 18.02mg (21.84%), Folate: 80.11µg (20.03%), Vitamin B1: 0.28mg (18.46%), Vitamin B2: 0.29mg (16.83%), Potassium: 580.74mg (16.59%), Magnesium: 59.13mg (14.78%), Zinc: 2.14mg (14.26%), Vitamin B3: 2.78mg (13.91%), Vitamin B6: 0.22mg (11.13%), Copper: 0.18mg (9.16%), Vitamin B5: 0.78mg (7.83%), Vitamin E: 1.14mg (7.6%), Calcium: 67.08mg (6.71%), Fiber: 1.05g (4.21%)