



Classic French Mussels

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup wine dry white
- 3 sprigs parsley fresh
- 4 garlic clove finely chopped
- 2 servings kosher salt
- 0.5 cup buttermilk low-fat
- 2 pounds mussels cleaned
- 1 Tbs olive oil
- 2 shallots finely chopped

4 tablespoons butter light unsalted cut into pieces

Equipment

bowl

pot

Directions

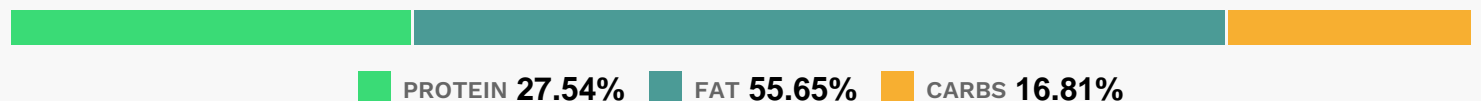
Scrub mussels with a stiff brush, discard any that are open and stay that way even when you close the shell. Discard any with broken shells. Soak them in cool clean water for at least an hour. Mussels are alive and breathing and have taken in sand over time. This allows them to expel the sand. Mussels have a small fibrous "beard" that should be removed. Pull it out toward the hinge of the shell to keep from injuring the mussel.

Heat the olive oil in a large pot over medium-high heat.

Add the shallots and garlic and cook until soft, about 5 minutes.

Add the mussels, wine, buttermilk, butter, and parsley and season well with the kosher salt. Give it a good stir, cover the pot, and cook until mussels open and are cooked through, 10 to 15 minutes. Divide the mussels and the juices between 2 bowls and serve with a crusty whole-grain bread to sop up that wonderful sauce.

Nutrition Facts



Properties

Glycemic Index:78.5, Glycemic Load:6.09, Inflammation Score:-8, Nutrition Score:33.590434782609%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 501.23kcal (25.06%), Fat: 28.32g (43.57%), Saturated Fat: 11.97g (74.79%), Carbohydrates: 19.25g (6.42%), Net Carbohydrates: 18.28g (6.65%), Sugar: 5.49g (6.1%), Cholesterol: 96.85mg (32.28%), Sodium: 962.28mg (41.84%), Alcohol: 6.18g (34.33%), Protein: 31.53g (63.06%), Vitamin B12: 27.93µg (465.47%), Manganese: 8.11mg (405.65%), Selenium: 106.33µg (151.9%), Iron: 10.17mg (56.5%), Phosphorus: 554.49mg (55.45%), Vitamin B2: 0.62mg (36.46%), Vitamin C: 24.97mg (30.27%), Vitamin K: 30.99µg (29.52%), Potassium: 1009.32mg (28.84%), Zinc: 4.28mg (28.56%), Vitamin B1: 0.42mg (28.31%), Folate: 112µg (28%), Magnesium: 100.16mg (25.04%), Vitamin A: 1001.67IU (20.03%), Vitamin B3: 3.92mg (19.59%), Vitamin E: 2.78mg (18.53%), Calcium: 170.96mg (17.1%), Vitamin B6: 0.33mg (16.54%), Vitamin B5: 1.46mg (14.63%), Copper: 0.27mg (13.44%), Fiber: 0.98g (3.9%), Vitamin D: 0.28µg (1.87%)