



Confetti-Topped Mussels



Gluten Free



Dairy Free



Very Healthy

READY IN



46 min.

SERVINGS



4

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 cup bell pepper green finely chopped
- ☐ 1 jalapeno seeded finely chopped
- ☐ 2 pounds mussels scrubbed (32 mussels)
- ☐ 1 teaspoon olive oil
- ☐ 0.3 cup onion finely chopped
- ☐ 1 small onion quartered
- ☐ 0.3 cup bell pepper red finely chopped

- ☐ 8 ounce rice yellow
- ☐ 1 cup water
- ☐ 1 tablespoon citrus champagne vinegar
- ☐ 0.3 cup bell pepper yellow finely chopped

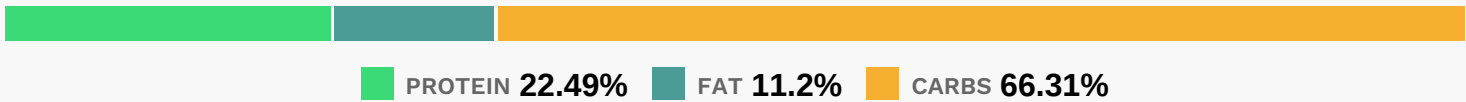
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Cook rice according to package directions, omitting salt and fat.
- ☐ Combine water, bay leaf, and quartered onion in a large Dutch oven; bring to a boil over medium-low heat.
- ☐ Add mussels; cover and simmer 6 minutes or until shells open.
- ☐ Remove pan from heat; drain mussels. Discard any unopened shells.
- ☐ Remove top half of shell from each mussel; discard.
- ☐ Place mussels on a serving platter; keep warm.
- ☐ Heat oil in a nonstick skillet over medium- high heat.
- ☐ Add bell pepper, chopped onion, and jalapeo pepper; saut 4 minutes or until tender.
- ☐ Remove from heat; stir in vinegar.
- ☐ Spoon 1 cup rice into 4 shallow soup bowls. Divide mussels evenly among bowls of rice.
- ☐ Sprinkle pepper mixture evenly over mussels.

Nutrition Facts



Properties

Glycemic Index:59.8, Glycemic Load:30.22, Inflammation Score:-8, Nutrition Score:26.956956728645%

Flavonoids

Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg

Nutrients (% of daily need)

Calories: 337.13kcal (16.86%), Fat: 4.09g (6.3%), Saturated Fat: 0.77g (4.78%), Carbohydrates: 54.53g (18.18%), Net Carbohydrates: 52.64g (19.14%), Sugar: 2.2g (2.44%), Cholesterol: 32.39mg (10.8%), Sodium: 339.25mg (14.75%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 18.5g (37%), Manganese: 4.64mg (231.79%), Vitamin B12: 13.88µg (231.33%), Selenium: 60.58µg (86.55%), Vitamin C: 64.13mg (77.73%), Phosphorus: 310.97mg (31.1%), Iron: 5.27mg (29.3%), Vitamin B2: 0.3mg (17.52%), Folate: 69.51µg (17.38%), Zinc: 2.6mg (17.31%), Vitamin B1: 0.26mg (17.07%), Potassium: 560.02mg (16%), Vitamin B3: 3.13mg (15.63%), Magnesium: 61.77mg (15.44%), Vitamin B6: 0.28mg (14.19%), Copper: 0.28mg (13.97%), Vitamin A: 684.43IU (13.69%), Vitamin B5: 1.27mg (12.71%), Vitamin E: 1.22mg (8.1%), Fiber: 1.89g (7.57%), Calcium: 58.39mg (5.84%), Vitamin K: 3.06µg (2.91%)