



Cook the Book: Garlicky Steamed Mussels with Corn and Sherry

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup sherry dry (fino)
- ☐ 2 ears corn
- ☐ 4 garlic clove minced
- ☐ 2 servings kosher salt to taste
- ☐ 2 pounds mussels
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 2 spring onion white green thinly sliced

- ☐ 1 shallots finely chopped
- ☐ 2 tablespoons butter unsalted

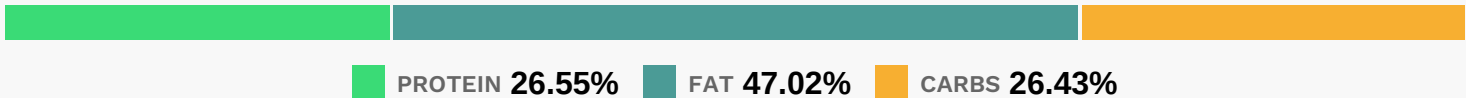
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Rinse the mussels under cold running water. If you see hairy clumps around the shell (called beards), use a sharp knife or your fingers to pull them off, then scrub the shells well with a vegetable brush.
- ☐ In a soup pot with a tight-fitting cover, heat the olive oil, then add the garlic, scallions, shallot, and a pinch of salt. Sauté until the shallots and garlic are softened, 3 minutes.
- ☐ Add the corn and continue to sauté until it begins to soften, about 3 minutes longer.
- ☐ Pour in the sherry and bring to a simmer.
- ☐ Let simmer until the corn is cooked through, about 5 minutes.
- ☐ Add the mussels and cover the pot.
- ☐ Let the mussels steam, stirring once or twice, until they open, 5 to 10 minutes. Use a slotted spoon to transfer the mussels to bowls. Discard any that have not opened.
- ☐ Add the butter to the pan juices and simmer until the butter is melted and the sauce is slightly thickened, about 2 minutes.
- ☐ Pour the mixture over the mussels and serve immediately.

Nutrition Facts



Properties

Glycemic Index:78.5, Glycemic Load:5.67, Inflammation Score:-9, Nutrition Score:35.450000280919%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 493.19kcal (24.66%), Fat: 24.82g (38.18%), Saturated Fat: 9.44g (59.03%), Carbohydrates: 31.38g (10.46%), Net Carbohydrates: 28.74g (10.45%), Sugar: 7.35g (8.17%), Cholesterol: 94.87mg (31.62%), Sodium: 877.02mg (38.13%), Alcohol: 4.12g (100%), Alcohol %: 1.26% (100%), Protein: 31.53g (63.06%), Vitamin B12: 27.78µg (463.06%), Manganese: 8.22mg (410.79%), Selenium: 105.43µg (150.62%), Phosphorus: 567.5mg (56.75%), Iron: 10.19mg (56.59%), Folate: 147.89µg (36.97%), Vitamin C: 29.75mg (36.07%), Vitamin B1: 0.54mg (35.9%), Vitamin B2: 0.56mg (33.22%), Potassium: 1114.06mg (31.83%), Magnesium: 122.76mg (30.69%), Vitamin K: 30.9µg (29.43%), Zinc: 4.34mg (28.95%), Vitamin B3: 5.47mg (27.37%), Vitamin A: 1008.97IU (20.18%), Vitamin B5: 1.92mg (19.16%), Vitamin E: 2.74mg (18.29%), Vitamin B6: 0.34mg (17.23%), Copper: 0.31mg (15.45%), Fiber: 2.64g (10.55%), Calcium: 93.22mg (9.32%), Vitamin D: 0.21µg (1.4%)