



Crunchy baked mussels

READY IN



29 min.

SERVINGS



4

CALORIES



1157 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 kg mussel in their shells
- ☐ 50 g breadcrumb toasted
- ☐ 1 lemon zest
- ☐ 100 g garlic and parsley butter for the recipe well (See 'Goes with' below)

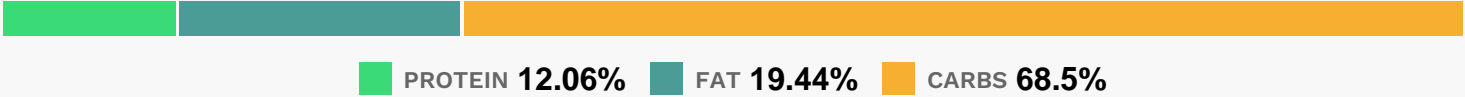
Equipment

- ☐ frying pan
- ☐ baking pan
- ☐ grill

Directions

- ☐ Scrub the mussels and pull off any beards. Rinse in several changes of cold water, then discard any that are open and do not close when tapped against the side of the sink.
- ☐ Drain the mussels and put in a large pan with a splash of water. Bring to the boil, then cover the pan, shaking occasionally, until the mussels are open this will take 2–3 mins.
- ☐ Drain well, then discard any that remain closed.
- ☐ Heat grill to high.
- ☐ Mix the crumbs and zest.
- ☐ Remove one side of each shell, then spread a little butter onto each mussel. Set on a baking tray and sprinkle with crumbs. Grill for 3–4 mins until crunchy.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:75.05, Inflammation Score:-8, Nutrition Score:24.346087061841%

Nutrients (% of daily need)

Calories: 1156.83kcal (57.84%), Fat: 24.72g (38.03%), Saturated Fat: 13.69g (85.58%), Carbohydrates: 195.93g (65.31%), Net Carbohydrates: 187.21g (68.07%), Sugar: 7.53g (8.36%), Cholesterol: 53.75mg (17.92%), Sodium: 267.34mg (11.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.5g (69.01%), Selenium: 161.41µg (230.59%), Manganese: 2.41mg (120.37%), Phosphorus: 499.3mg (49.93%), Copper: 0.76mg (37.79%), Fiber: 8.72g (34.89%), Magnesium: 138.6mg (34.65%), Vitamin B3: 5.1mg (25.48%), Zinc: 3.73mg (24.88%), Vitamin B1: 0.35mg (23.2%), Iron: 3.87mg (21.5%), Vitamin B6: 0.37mg (18.67%), Potassium: 590.4mg (16.87%), Folate: 59.32µg (14.83%), Vitamin A: 625.5IU (12.51%), Vitamin B2: 0.21mg (12.36%), Vitamin B5: 1.18mg (11.79%), Calcium: 83.39mg (8.34%), Vitamin E: 0.87mg (5.79%), Vitamin K: 2.83µg (2.69%), Vitamin C: 1.93mg (2.35%), Vitamin B12: 0.09µg (1.44%)