



Duddy's Snails and Ports

READY IN



25 min.

SERVINGS



6

CALORIES



313 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup butter
- ☐ 10 crimini mushrooms chopped
- ☐ 1 clove garlic finely chopped
- ☐ 6 green onions chopped
- ☐ 4 tablespoons hot sauce louisiana-style to taste
- ☐ 0.3 cup red wine
- ☐ 6 servings salt and pepper to taste
- ☐ 15 helix snails
- ☐ 10 ounce round buttery crackers whole wheat

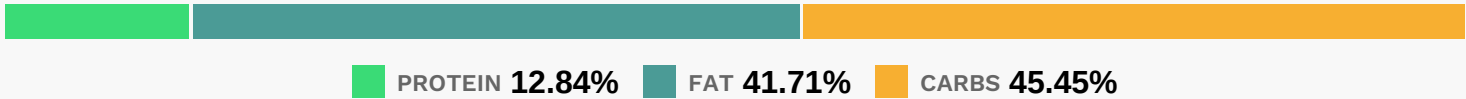
Equipment

☐ frying pan

Directions

- ☐ Melt butter in a large skillet over medium heat.
- ☐ Add the snails, mushrooms, garlic, green onions, hot sauce, and red wine. Cook and stir for about 20 minutes, until the liquid has reduced, and mushrooms and snails are tender. Taste and season with salt and pepper.
- ☐ Serve with whole wheat crackers.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:0.27, Inflammation Score:-7, Nutrition Score:16.368260786585%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 313.44kcal (15.67%), Fat: 14.79g (22.75%), Saturated Fat: 5.94g (37.13%), Carbohydrates: 36.26g (12.09%), Net Carbohydrates: 30.84g (11.22%), Sugar: 1.6g (1.77%), Cholesterol: 32.84mg (10.95%), Sodium: 838.21mg (36.44%), Alcohol: 1.06g (100%), Alcohol %: 0.92% (100%), Protein: 10.24g (20.48%), Manganese: 1.11mg (55.48%), Vitamin K: 38.64µg (36.8%), Magnesium: 121.83mg (30.46%), Selenium: 20.55µg (29.35%), Phosphorus: 275.12mg (27.51%), Copper: 0.48mg (24.01%), Fiber: 5.42g (21.66%), Vitamin B3: 3.92mg (19.6%), Iron: 2.86mg (15.91%),

Vitamin E: 2.22mg (14.77%), Potassium: 470.46mg (13.44%), Vitamin B2: 0.23mg (13.34%), Zinc: 1.94mg (12.96%),
Vitamin C: 8.89mg (10.78%), Vitamin B6: 0.19mg (9.48%), Vitamin B5: 0.93mg (9.28%), Vitamin B1: 0.13mg (8.79%),
Folate: 31.66µg (7.92%), Vitamin A: 395.29IU (7.91%), Calcium: 38.94mg (3.89%), Vitamin B12: 0.17µg (2.91%)