

 100%
HEALTH SCORE

Grilled Mussel and Potato Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



1500 min.

SERVINGS



4

CALORIES



405 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon bottled capers drained
- ☐ 1 fennel bulb halved very thinly sliced
- ☐ 0.5 cup flat-leaf parsley fresh finely chopped
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 pounds mussels steamed cleaned (preferably cultivated)
- ☐ 0.3 cup brine-cured olives black pitted chopped
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 1 pound potatoes red boiling ()

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ grill
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Cover potatoes with salted water by 1 inch in a large saucepan, then simmer, uncovered, until just tender, about 15 minutes.
- ☐ Drain in a colander and rinse under cold water until cool.
- ☐ Prepare grill for cooking.
- ☐ Cut cooled potatoes crosswise into thirds and arrange in 1 layer on a tray.
- ☐ Brush both sides of potatoes with some oil (2 tablespoons total for all of them) and season with salt and pepper.
- ☐ When fire is medium-hot (you can hold your hand 5 inches above rack 3 to 4 seconds), grill potatoes on lightly oiled rack until grill marks form, about 1 minute on each side, then transfer to a large bowl. Toss hot potatoes with 2 tablespoons lemon juice.
- ☐ Put mussels in aluminum pan and cook in covered grill, stirring occasionally, 5 to 6 minutes, or until they just open.
- ☐ Transfer mussels to a bowl with a slotted spoon. Discard any that haven't opened, then shuck remainder.
- ☐ Add mussels to potatoes along with fennel, parsley, olives, capers, and remaining 2 tablespoons lemon juice, tossing to combine, then let stand at room temperature, tossing occasionally, 10 minutes.
- ☐ Toss salad with remaining oil and salt and pepper to taste.

Nutrition Facts



 **PROTEIN 16.49%**  **FAT 55.86%**  **CARBS 27.65%**

Properties

Glycemic Index:31.75, Glycemic Load:3.31, Inflammation Score:-8, Nutrition Score:33.306956457055%

Flavonoids

Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg

Nutrients (% of daily need)

Calories: 405.45kcal (20.27%), Fat: 25.7g (39.54%), Saturated Fat: 3.73g (23.32%), Carbohydrates: 28.63g (9.54%), Net Carbohydrates: 24.16g (8.78%), Sugar: 4.28g (4.75%), Cholesterol: 32.39mg (10.8%), Sodium: 617.29mg (26.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.07g (34.14%), Vitamin B12: 13.88µg (231.33%), Manganese: 4.22mg (210.98%), Vitamin K: 176.43µg (168.03%), Selenium: 52.94µg (75.63%), Vitamin C: 41.99mg (50.89%), Iron: 6.51mg (36.15%), Potassium: 1191.28mg (34.04%), Phosphorus: 332.5mg (33.25%), Vitamin E: 4.54mg (30.24%), Folate: 100.03µg (25.01%), Magnesium: 80.78mg (20.2%), Vitamin B1: 0.3mg (19.71%), Vitamin A: 951.08IU (19.02%), Vitamin B3: 3.68mg (18.4%), Vitamin B2: 0.31mg (18.23%), Fiber: 4.47g (17.88%), Copper: 0.33mg (16.69%), Zinc: 2.44mg (16.27%), Vitamin B6: 0.3mg (14.79%), Vitamin B5: 1.08mg (10.84%), Calcium: 88.2mg (8.82%)