



## Herb-Topped Mussels on the Half Shell

READY IN



45 min.

SERVINGS



12

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 cup bottled clam juice
- 2 bacon crumbled cooked
- 1 tablespoon flat-leaf parsley fresh chopped
- 2 teaspoons thyme leaves fresh chopped
- 2 garlic cloves minced
- 3 tablespoons half-and-half
- 0.3 cup leek chopped
- 1 teaspoon juice of lemon fresh

- 0.5 teaspoon lemon rind grated
- 24 medium mussels scrubbed
- 2 teaspoons olive oil
- 1 teaspoon oregano fresh chopped
- 1.5 ounce bread white

## Equipment

- food processor
- bowl
- frying pan
- sauce pan
- oven
- sieve
- baking pan
- broiler

## Directions

- Preheat oven to 500
- Arrange mussels in a single layer in a 13 x 9-inch baking dish.
- Bake at 500 for 8 minutes or until shells open; discard any unopened shells.
- Remove mussels and cooking liquid from dish. Strain cooking liquid through a sieve over a bowl; discard solids.
- Remove meat from mussels. Reserve 24 shell halves. Discard remaining shells. Arrange reserved mussel shells on a jelly roll pan; place 1 mussel in each shell.
- Heat a small saucepan coated with cooking spray over medium heat.
- Add leek; cook 3 minutes or until tender, stirring frequently.
- Add garlic; cook 30 seconds, stirring frequently. Stir in cooking liquid, clam juice, and half-and-half; bring to a boil. Cook until reduced to 1/4 cup (about 3 minutes). Stir in rind and juice.
- Preheat broiler.

- Place bread in a food processor, and process until fine crumbs measure 3/4 cup.
- Combine the breadcrumbs, parsley, thyme, oregano, oil, pepper, and bacon. Spoon 1/2 teaspoon sauce over each mussel. Lightly pack 2 teaspoons breadcrumb mixture into each shell. Broil 1 1/2 minutes or until golden.

## Nutrition Facts



### Properties

Glycemic Index:25.06, Glycemic Load:1.69, Inflammation Score:-5, Nutrition Score:5.7386956179272%

### Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Nutrients (% of daily need)

Calories: 46.02kcal (2.3%), Fat: 2.09g (3.22%), Saturated Fat: 0.62g (3.88%), Carbohydrates: 3.78g (1.26%), Net Carbohydrates: 3.49g (1.27%), Sugar: 0.61g (0.68%), Cholesterol: 7.2mg (2.4%), Sodium: 106.85mg (4.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.97%), Vitamin B12: 1.98µg (33.03%), Manganese: 0.62mg (30.75%), Selenium: 9.05µg (12.93%), Vitamin K: 7.92µg (7.55%), Iron: 0.98mg (5.46%), Phosphorus: 47.75mg (4.77%), Vitamin C: 3.21mg (3.9%), Vitamin B1: 0.06mg (3.78%), Folate: 13.65µg (3.41%), Vitamin B2: 0.06mg (3.4%), Vitamin B3: 0.62mg (3.08%), Vitamin A: 125.26IU (2.51%), Zinc: 0.37mg (2.5%), Potassium: 84.8mg (2.42%), Magnesium: 9.44mg (2.36%), Calcium: 23.07mg (2.31%), Vitamin B6: 0.04mg (1.88%), Vitamin E: 0.27mg (1.77%), Copper: 0.03mg (1.54%), Vitamin B5: 0.14mg (1.42%), Fiber: 0.29g (1.18%)