



Louisiana Mussel "Sauce Piquante" with Garlic Bread

READY IN



45 min.

SERVINGS



2

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup chicken broth
- 2 tablespoons flour all-purpose
- 1/2 cup bread crumbs french italian
- 1 rib celery stalks
- 2 teaspoons tomato paste
- 1 small bell pepper green
- 0.5 teaspoon ground pepper for garlic bread
- 1 medium onion

- 1 small garlic clove
- 2 tablespoons butter unsalted
- 14 ounce canned tomatoes whole canned
- 2 pounds mussels (preferably cultivated)
- 2 tablespoon frangelico

Equipment

- bowl
- baking sheet
- sauce pan
- ladle
- broiler

Directions

- Scrub mussels well and remove beards. Finely chop onion, celery, and bell pepper. In a 6- to 8-quart heavy kettle melt butter over moderately low heat and stir in flour. Cook roux, stirring constantly, until color of peanut butter, about 6 minutes. Stir in vegetables and cook, covered, until soft. Stir in tomato paste, broth, tomatoes with juice, and cayenne and bring mixture to a boil, breaking up tomatoes. Simmer sauce, uncovered, stirring occasionally, 15 minutes, or until thickened.
- Preheat broiler.
- Mince garlic and mash to a paste with a pinch salt. In a small saucepan melt butter over moderate heat and stir in garlic paste. Halve bread horizontally and brush garlic butter on cut sides. On a baking sheet broil bread about 4 inches from heat until golden, 1 to 2 minutes.
- Stir mussels into sauce and simmer, covered, 4 to 8 minutes, or until mussels are opened. (Discard any unopened mussels after 8 minutes.) Divide mussels between 2 bowls.
- Season sauce with salt and ladle over mussels.
- Serve bread on the side.

Nutrition Facts



■ PROTEIN 26.35% ■ FAT 39.02% ■ CARBS 34.63%

Properties

Glycemic Index:169.5, Glycemic Load:14.31, Inflammation Score:-9, Nutrition Score:43.654782808345%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 12.01mg, Quercetin: 12.01mg, Quercetin: 12.01mg, Quercetin: 12.01mg

Nutrients (% of daily need)

Calories: 520.43kcal (26.02%), Fat: 23.03g (35.44%), Saturated Fat: 11.28g (70.47%), Carbohydrates: 45.99g (15.33%), Net Carbohydrates: 39.5g (14.36%), Sugar: 18g (20%), Cholesterol: 97.22mg (32.41%), Sodium: 1469.23mg (63.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35g (70.01%), Vitamin B12: 27.81µg (463.45%), Manganese: 8.5mg (425.2%), Selenium: 108.83µg (155.47%), Vitamin C: 72.76mg (88.2%), Iron: 12.96mg (71.98%), Phosphorus: 573.24mg (57.32%), Potassium: 1610.59mg (46.02%), Vitamin B1: 0.68mg (45.29%), Vitamin B2: 0.75mg (44.4%), Folate: 162.33µg (40.58%), Vitamin B3: 8mg (40%), Copper: 0.69mg (34.28%), Magnesium: 136.95mg (34.24%), Vitamin A: 1588.93IU (31.78%), Vitamin E: 4.69mg (31.25%), Zinc: 4.62mg (30.83%), Vitamin B6: 0.61mg (30.51%), Fiber: 6.49g (25.97%), Vitamin B5: 1.89mg (18.9%), Calcium: 158.97mg (15.9%), Vitamin K: 15.97µg (15.21%), Vitamin D: 0.21µg (1.4%)