



Marinated Penn Cove Mussels in a Rice Wine and Sesame Vinaigrette



Gluten Free



Dairy Free

READY IN



22 min.

SERVINGS



8

CALORIES



192 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons daikon diced finely
- ☐ 1 teaspoon ginger diced peeled finely
- ☐ 1 green onion finely sliced scallion
- ☐ 2.5 pounds mussels cooled steamed
- ☐ 2 teaspoons parsley finely chopped
- ☐ 3 tablespoons bell pepper diced red finely
- ☐ 2.8 cups rice wine vinegar

- ☐ 1 tablespoon sesame oil
- ☐ 1 cup sugar

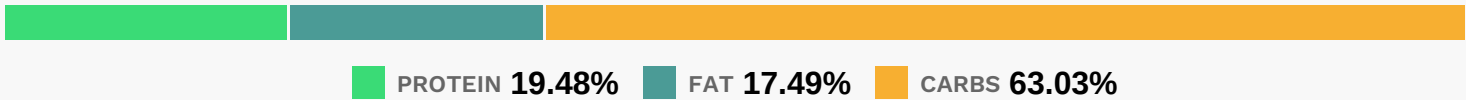
Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredients in a large bowl or bucket.
- ☐ Add steamed and cooled mussels. Gently toss or stir to coat all mussels.
- ☐ Let marinate in refrigerator for 2 to 3 hours before serving.

Nutrition Facts



Properties

Glycemic Index:39.14, Glycemic Load:18.91, Inflammation Score:-4, Nutrition Score:16.163913008959%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 191.94kcal (9.6%), Fat: 3.47g (5.34%), Saturated Fat: 0.56g (3.5%), Carbohydrates: 28.12g (9.37%), Net Carbohydrates: 27.94g (10.16%), Sugar: 25.26g (28.07%), Cholesterol: 20.24mg (6.75%), Sodium: 209.97mg (9.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.69g (17.38%), Vitamin B12: 8.68µg (144.58%), Manganese: 2.52mg (125.77%), Selenium: 33.02µg (47.16%), Iron: 2.95mg (16.39%), Phosphorus: 148.34mg (14.83%), Vitamin C: 11.4mg (13.82%), Vitamin B2: 0.16mg (9.51%), Folate: 34.04µg (8.51%), Vitamin B1: 0.12mg (7.95%), Zinc: 1.19mg (7.93%), Potassium: 254.77mg (7.28%), Magnesium: 26.89mg (6.72%), Vitamin B3: 1.21mg (6.04%), Vitamin A: 241.92IU (4.84%), Copper: 0.08mg (4.09%), Vitamin K: 4.01µg (3.82%), Vitamin B5: 0.38mg (3.79%), Vitamin E: 0.49mg (3.24%), Calcium: 26.72mg (2.67%), Vitamin B6: 0.05mg (2.47%)