



Mediterranean Mussels with Celery Root and Pearl Onions

READY IN

ready

17 min.

SERVINGS

servings

4

CALORIES

calories

676 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 celery leaves
- ☐ 4 servings glazed celery root
- ☐ 0.3 cup vermouth dry
- ☐ 3 cups fish broth
- ☐ 30 flat-leaf parsley leaves
- ☐ 3 garlic cloves thinly sliced
- ☐ 4 servings kosher salt to taste
- ☐ 36 mussels scrubbed

- ☐ 0.3 cup olive oil
- ☐ 4 servings braised pearl onions
- ☐ 4 servings pepper freshly ground to taste
- ☐ 0.3 cup simple preserved lemons minced
- ☐ 3 tablespoons shallots thinly sliced
- ☐ 4 slices sourdough bread with a halved garlic clove toasted
- ☐ 3 tablespoons butter unsalted

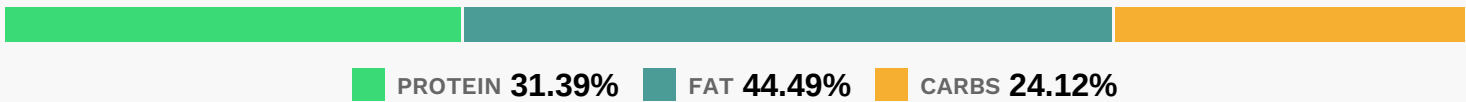
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add garlic and shallots; saut 2 minutes or until golden brown.
- ☐ Add parsley and vermouth; cook 1 minute or until vermouth has almost evaporated.
- ☐ Stir in fish broth, and bring to a boil.
- ☐ Add mussels; cover and cook 2 to 4 minutes or until mussels open. (Discard any that do not.)
- ☐ Reduce heat to low; stir in butter and next 6 ingredients. To serve, place 1 piece of bread into each of 4 shallow bowls. Spoon mussels over bread.
- ☐ *Preserved lemon is available at specialty markets. If unavailable, substitute 2 teaspoons lemon zest and 1/2 teaspoon salt.

Nutrition Facts



Properties

Glycemic Index:87.13, Glycemic Load:27.64, Inflammation Score:-9, Nutrition Score:40.09217382514%

Flavonoids

Apigenin: 16.41mg, Apigenin: 16.41mg, Apigenin: 16.41mg, Apigenin: 16.41mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 675.85kcal (33.79%), Fat: 32.87g (50.57%), Saturated Fat: 9.6g (60%), Carbohydrates: 40.1g (13.37%), Net Carbohydrates: 37.51g (13.64%), Sugar: 4.27g (4.75%), Cholesterol: 131.86mg (43.95%), Sodium: 895.44mg (38.93%), Alcohol: 1.9g (100%), Alcohol %: 0.59% (100%), Protein: 52.17g (104.35%), Vitamin B12: 11.63µg (193.9%), Selenium: 125.94µg (179.92%), Manganese: 2.99mg (149.69%), Vitamin K: 140.45µg (133.76%), Vitamin B3: 11.35mg (56.76%), Phosphorus: 531.74mg (53.17%), Vitamin B1: 0.66mg (44.22%), Folate: 169.47µg (42.37%), Iron: 7.13mg (39.6%), Vitamin D: 5.66µg (37.72%), Vitamin B2: 0.56mg (32.91%), Vitamin E: 4.17mg (27.8%), Potassium: 949.41mg (27.13%), Magnesium: 100.76mg (25.19%), Vitamin B6: 0.46mg (23.11%), Vitamin C: 17.54mg (21.26%), Vitamin A: 1046.44IU (20.93%), Zinc: 2.59mg (17.26%), Copper: 0.33mg (16.54%), Vitamin B5: 1.55mg (15.46%), Fiber: 2.82g (11.27%), Calcium: 94.24mg (9.42%)