



Melissa's Mussels

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



40 min.

SERVINGS



4

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce canned tomatoes diced canned
- 5 large cloves garlic chopped
- 5 pounds mussels cleaned
- 1 large onion diced
- 2 tablespoons peppercorns in brine crushed
- 0.5 cup red wine

Equipment

- pot

Directions

- In a large pot (or the kitchen sink basin), soak the mussels 10 minutes in enough lightly salted cold water to cover.
- In a separate large pot, mix the onion, tomatoes, garlic, beer, wine, and peppercorns.
- Place the mussels in the pot, and bring to a boil. Cook 10 minutes, reduce heat to low, and continue cooking 5 minutes, until mussels open. Discard unopened mussels.

Nutrition Facts

PROTEIN 46.67% **FAT 19.67%** **CARBS 33.66%**

Properties

Glycemic Index:48, Glycemic Load:9.3, Inflammation Score:-9, Nutrition Score:38.335652061131%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 7.99mg, Quercetin: 7.99mg, Quercetin: 7.99mg, Quercetin: 7.99mg Galocatechin: 0.02mg, Galocatechin: 0.02mg, Galocatechin: 0.02mg, Galocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 340.2kcal (17.01%), Fat: 6.98g (10.75%), Saturated Fat: 1.36g (8.49%), Carbohydrates: 26.89g (8.96%), Net Carbohydrates: 22.95g (8.35%), Sugar: 6.37g (7.07%), Cholesterol: 80.97mg (26.99%), Sodium: 967mg (42.04%), Alcohol: 3.18g (100%), Alcohol %: 0.86% (100%), Protein: 37.29g (74.58%), Vitamin B12: 34.7µg (578.33%), Manganese: 10.81mg (540.4%), Selenium: 131.19µg (187.41%), Iron: 13.52mg (75.13%), Phosphorus: 633.95mg (63.4%), Vitamin C: 36.53mg (44.28%), Vitamin B2: 0.69mg (40.78%), Potassium: 1400.77mg (40.02%), Vitamin B1: 0.57mg (38.09%), Folate: 143.2µg (35.8%), Zinc: 5.11mg (34.09%), Magnesium: 135.71mg (33.93%), Vitamin B3: 6.08mg (30.38%), Copper: 0.56mg (27.78%), Vitamin B6: 0.42mg (21.09%), Vitamin E: 2.94mg (19.58%), Vitamin B5: 1.88mg

(18.79%), Fiber: 3.93g (15.74%), Calcium: 150.09mg (15.01%), Vitamin A: 712.65IU (14.25%), Vitamin K: 14.25µg (13.58%)