



Mussel-and-White-Bean Stew

 Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



76 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cans .5 can cannellini beans drained and rinsed
- ☐ 30 servings top for serving
- ☐ 0.8 cup cooking sherry dry
- ☐ 0.8 cup cooking wine dry white
- ☐ 2 garlic cloves minced
- ☐ 2 pounds mussels scrubbed
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 3 tablespoons parsley chopped

- ☐ 30 servings salt
- ☐ 1 small thai red minced

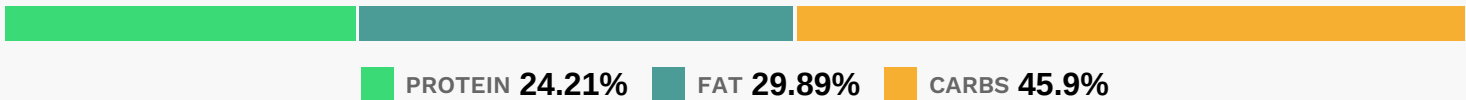
Equipment

- ☐ frying pan

Directions

- ☐ In a deep skillet, combine the mussels, sherry and wine. Bring to a simmer, cover and cook over moderate heat until the mussels open, 3 minutes.
- ☐ Remove the mussels from their shells. Strain the broth; reserve 1 cup.
- ☐ Wipe out the skillet and heat the olive oil in it.
- ☐ Add the garlic and chile and cook over moderate heat for 1 minute. Stir in the beans.
- ☐ Add the broth, season with salt and bring to a boil.
- ☐ Add the mussels and the parsley and heat through.
- ☐ Serve the stew with crusty bread.

Nutrition Facts



Properties

Glycemic Index:9.95, Glycemic Load:2.29, Inflammation Score:-3, Nutrition Score:6.9039131299309%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg 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: 76.14kcal (3.81%), Fat: 2.27g (3.49%), Saturated Fat: 0.34g (2.14%), Carbohydrates: 7.83g (2.61%), Net Carbohydrates: 6.36g (2.31%), Sugar: 0.33g (0.37%), Cholesterol: 4.32mg (1.44%), Sodium: 246.41mg (10.71%), Alcohol: 1.24g (100%), Alcohol %: 2.52% (100%), Protein: 4.13g (8.26%), Manganese: 0.7mg (35.08%), Vitamin B12: 1.85µg (30.84%), Selenium: 7.71µg (11.02%), Iron: 1.61mg (8.95%), Vitamin K: 8.78µg (8.36%), Folate: 27.81µg (6.95%), Phosphorus: 61.41mg (6.14%), Fiber: 1.47g (5.87%), Potassium: 199.82mg (5.71%), Magnesium: 22.29mg (5.57%), Vitamin C: 3.98mg (4.83%), Copper: 0.09mg (4.38%), Vitamin B1: 0.06mg (4.15%), Zinc: 0.61mg (4.07%), Vitamin E: 0.59mg (3.94%), Vitamin B2: 0.05mg (3.01%), Calcium: 28.24mg (2.82%), Vitamin B6: 0.05mg (2.36%), Vitamin B3: 0.37mg (1.83%), Vitamin B5: 0.15mg (1.46%), Vitamin A: 72.67IU (1.45%)