



Mussel Cioppino

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce canned tomatoes pureed whole canned
- ☐ 1.5 cups chicken broth
- ☐ 4 servings top for serving
- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 1 sprig thyme leaves fresh
- ☐ 4 cloves garlic smashed
- ☐ 4 servings kosher salt and ground pepper black finely
- ☐ 1.5 pounds mussels scrubbed

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 large onion chopped
- ☐ 0.3 teaspoon pepper flakes dried red
- ☐ 1 cup red wine

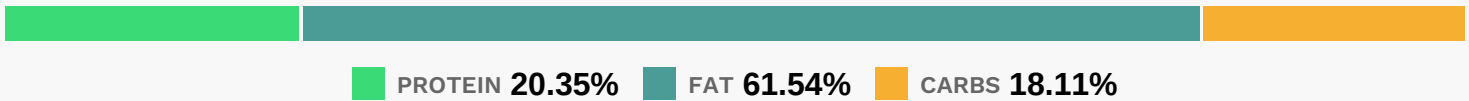
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Heat the oil in a large heavy pot over medium-high heat until hot.
- ☐ Add the garlic, onions, 1 teaspoon salt and 3/4 teaspoon pepper and cook, stirring occasionally, until golden, about 10 minutes. Stir in the wine, pepper flakes and thyme, and boil until reduced by half, about 1 1/2 minutes. Stir in the pureed tomatoes and broth and bring to a simmer.
- ☐ Add the mussels and cover the pot. Cook until the mussels have opened wide, about 6 minutes. Discard any that didn't open. Season with salt and pepper.
- ☐ Transfer to serving bowls and sprinkle with the parsley.
- ☐ Serve with crusty bread.

Nutrition Facts



Properties

Glycemic Index:77.88, Glycemic Load:3.32, Inflammation Score:-9, Nutrition Score:20.699130555858%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate:

0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 2.25mg, Apigenin: 2.25mg, Apigenin: 2.25mg, Apigenin: 2.25mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 8.29mg, Quercetin: 8.29mg, Quercetin: 8.29mg, Quercetin: 8.29mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 273.64kcal (13.68%), Fat: 15.74g (24.21%), Saturated Fat: 2.27g (14.21%), Carbohydrates: 10.42g (3.47%), Net Carbohydrates: 9.56g (3.48%), Sugar: 2.44g (2.71%), Cholesterol: 26.05mg (8.68%), Sodium: 588.4mg (25.58%), Alcohol: 6.36g (100%), Alcohol %: 1.65% (100%), Protein: 11.71g (23.42%), Vitamin B12: 10.43µg (173.79%), Manganese: 3.19mg (159.69%), Selenium: 40.27µg (57.52%), Vitamin K: 25.36µg (24.15%), Iron: 4.15mg (23.03%), Phosphorus: 206.11mg (20.61%), Vitamin E: 2.52mg (16.83%), Vitamin B2: 0.27mg (16.12%), Vitamin C: 12.38mg (15.01%), Potassium: 448.58mg (12.82%), Vitamin B1: 0.19mg (12.8%), Folate: 47.16µg (11.79%), Zinc: 1.66mg (11.1%), Magnesium: 43.65mg (10.91%), Vitamin B3: 1.86mg (9.31%), Vitamin B6: 0.17mg (8.28%), Copper: 0.13mg (6.6%), Vitamin A: 276.51IU (5.53%), Vitamin B5: 0.53mg (5.35%), Calcium: 48.84mg (4.88%), Fiber: 0.86g (3.44%)