



Mussel Gratin

 Very Healthy

READY IN



1500 min.

SERVINGS



6

CALORIES



265 kcal

SIDE DISH

Ingredients

- ☐ 5 inch crusty baguette
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup crème fraîche
- ☐ 0.5 cup basil fresh chopped
- ☐ 2 large garlic clove minced halved
- ☐ 4 pounds mussels steamed cleaned (preferably cultivated)
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 oz parmesan finely grated

- ☐ 2 pounds plum tomatoes halved lengthwise seeded cut into sixths
- ☐ 0.5 teaspoon salt

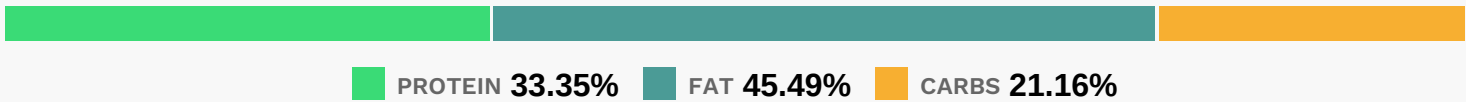
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 450°F.
- ☐ Toss together mussels, tomatoes, basil, crème fraîche, cheese, minced garlic, salt, and pepper in an oiled 3-quart (about 13- by 9 1/2- by 2-inch) baking dish.
- ☐ Rub 1 cut side of each bread slice with halved garlic and arrange bread, garlic side up, over mussel mixture in baking dish.
- ☐ Brush tops of bread with oil.
- ☐ Bake gratin in middle of oven until bread is golden brown on top, about 15 minutes.
- ☐ Serve mussels spooned over garlic toasts.

Nutrition Facts



Properties

Glycemic Index:53.13, Glycemic Load:5.25, Inflammation Score:-9, Nutrition Score:30.373043502155%

Flavonoids

Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 265.21kcal (13.26%), Fat: 13.44g (20.68%), Saturated Fat: 4.07g (25.42%), Carbohydrates: 14.07g (4.69%), Net Carbohydrates: 12.13g (4.41%), Sugar: 4.78g (5.32%), Cholesterol: 57.7mg (19.23%), Sodium: 737.5mg (32.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.18g (44.35%), Vitamin B12: 18.6µg (310.06%), Manganese: 5.48mg (273.98%), Selenium: 71.38µg (101.97%), Vitamin C: 33.9mg (41.09%), Phosphorus: 392.25mg (39.23%), Iron:

6.74mg (37.45%), Vitamin A: 1768.58IU (35.37%), Potassium: 893.88mg (25.54%), Vitamin B2: 0.41mg (24.12%), Folate: 92.6µg (23.15%), Vitamin K: 23.79µg (22.66%), Vitamin B1: 0.32mg (21.56%), Zinc: 2.96mg (19.76%), Magnesium: 75.29mg (18.82%), Vitamin B3: 3.52mg (17.59%), Vitamin E: 2.44mg (16.29%), Calcium: 138.63mg (13.86%), Copper: 0.25mg (12.68%), Vitamin B6: 0.23mg (11.41%), Vitamin B5: 1.01mg (10.11%), Fiber: 1.93g (7.73%)