



Mussel Salad with Fennel

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

READY IN



45 min.

SERVINGS



4

CALORIES



385 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound fennel bulb with stalks
- 1 tablespoon tarragon fresh finely chopped
- 3 garlic cloves minced
- 2 hard-cooked eggs quartered
- 48 mussels fresh scrubbed
- 2 tablespoons olive oil
- 0.8 teaspoon pepper
- 2 cups torn radicchio

- 3 tablespoons onion diced red
- 1.5 pounds potatoes red
- 6 cups torn romaine lettuce
- 0.8 teaspoon salt
- 0.5 cup sherry vinegar
- 2 medium tomatoes cut into wedges

Equipment

- bowl
- sauce pan

Directions

- Place potatoes in a saucepan; add water to cover, and bring to a boil. Cover; reduce heat, and simmer for 15 minutes or until tender.
- Drain and set aside.
- Steam mussels, covered, 10 minutes or until shells open; discard any unopened shells.
- Trim tough outer leaves from fennel. Dice stalks to equal 1 cup; set aside.
- Cut fennel bulb in half vertically; discard core.
- Cut each half crosswise into thin slices to measure 1/2 cup, and set aside. Reserve remaining fennel for another use.
- Combine vinegar and the next 6 ingredients (vinegar through garlic) in a large bowl, and stir well. Reserve 1/4 cup dressing; set aside.
- Add potatoes, mussels, fennel, and tomato wedges to bowl; toss gently to coat. Cover and chill 30 minutes.
- Combine reserved 1/4 cup dressing and greens in a bowl; toss well. Divide greens evenly among 4 salad bowls. Arrange one-fourth of mussel mixture and 2 egg quarters over each salad.

Nutrition Facts



Properties

Glycemic Index:73, Glycemic Load:5.51, Inflammation Score:-10, Nutrition Score:45.181304434071%

Flavonoids

Cyanidin: 25.4mg, Cyanidin: 25.4mg, Cyanidin: 25.4mg, Cyanidin: 25.4mg Delphinidin: 1.54mg, Delphinidin: 1.54mg, Delphinidin: 1.54mg, Delphinidin: 1.54mg Eriodictyol: 1.22mg, Eriodictyol: 1.22mg, Eriodictyol: 1.22mg, Eriodictyol: 1.22mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 7.64mg, Luteolin: 7.64mg, Luteolin: 7.64mg, Luteolin: 7.64mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 11.14mg, Quercetin: 11.14mg, Quercetin: 11.14mg, Quercetin: 11.14mg

Nutrients (% of daily need)

Calories: 384.85kcal (19.24%), Fat: 12.85g (19.77%), Saturated Fat: 2.46g (15.38%), Carbohydrates: 47.47g (15.82%), Net Carbohydrates: 38.26g (13.91%), Sugar: 9.85g (10.94%), Cholesterol: 120.67mg (40.22%), Sodium: 854.15mg (37.14%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 21.79g (43.58%), Manganese: 4.25mg (212.43%), Vitamin B12: 12.03µg (200.46%), Vitamin K: 209.34µg (199.37%), Vitamin A: 7184.68IU (143.69%), Selenium: 54.13µg (77.33%), Vitamin C: 51.2mg (62.06%), Folate: 236.82µg (59.2%), Potassium: 2058.16mg (58.8%), Phosphorus: 454.35mg (45.43%), Iron: 8.03mg (44.62%), Fiber: 9.2g (36.82%), Vitamin B6: 0.61mg (30.73%), Vitamin B2: 0.52mg (30.35%), Magnesium: 120.96mg (30.24%), Copper: 0.57mg (28.31%), Vitamin B1: 0.41mg (27.45%), Vitamin B3: 5.09mg (25.43%), Vitamin E: 3.36mg (22.41%), Zinc: 3.13mg (20.86%), Vitamin B5: 1.81mg (18.13%), Calcium: 173.27mg (17.33%), Vitamin D: 0.55µg (3.67%)