



Mussels

 Gluten Free

READY IN



14 min.

SERVINGS



6

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter
- 2 tablespoons cilantro leaves coarsely chopped
- 4 cloves garlic smashed roughly chopped
- 2 pounds mussels scrubbed
- 0.5 small onion chopped
- 6 servings freshly cracked pepper black
- 1 roma tomato roughly chopped
- 1 ounce white wine

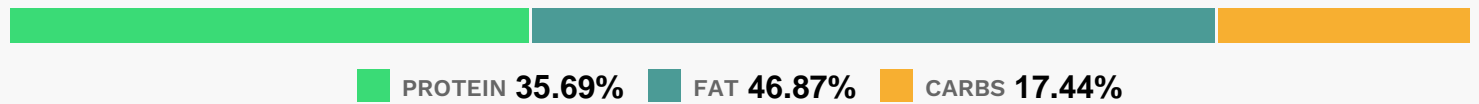
Equipment

- grill
- aluminum foil

Directions

- Place mussels on a large piece of tin foil.
- Sprinkle garlic, tomato, onions, cilantro.
- Add a dash of wine, butter and some pepper. Wrap up the edges to keep in the juices and place on the grill. Cook until mussels open.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:45.67, Glycemic Load:1.87, Inflammation Score:-4, Nutrition Score:16.610000055769%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 111.1kcal (5.56%), Fat: 5.55g (8.54%), Saturated Fat: 2.73g (17.09%), Carbohydrates: 4.65g (1.55%), Net Carbohydrates: 4.35g (1.58%), Sugar: 0.59g (0.65%), Cholesterol: 31.62mg (10.54%), Sodium: 251.95mg (10.95%), Alcohol: 0.49g (100%), Alcohol %: 0.59% (100%), Protein: 9.51g (19.03%), Vitamin B12: 9.26µg (154.35%), Manganese: 2.69mg (134.67%), Selenium: 34.92µg (49.88%), Iron: 3.15mg (17.48%), Phosphorus: 161.33mg (16.13%), Vitamin C: 8.68mg (10.52%), Vitamin B2: 0.17mg (10.02%), Vitamin B1: 0.13mg (8.97%), Folate: 35.39µg (8.85%), Zinc: 1.3mg (8.64%), Potassium: 294.28mg (8.41%), Magnesium: 29.21mg (7.3%), Vitamin A: 335.91IU (6.72%), Vitamin B3: 1.33mg (6.63%), Copper: 0.09mg (4.43%), Vitamin B5: 0.42mg (4.23%), Vitamin B6: 0.08mg (4.08%), Vitamin E: 0.6mg (3.97%), Calcium: 28.12mg (2.81%), Vitamin K: 1.87µg (1.78%), Fiber: 0.29g (1.18%)