



Mussels

 Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



6

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon basil leaves fresh chopped
- ☐ 4 large cloves garlic finely chopped
- ☐ 3 tablespoons olive oil light
- ☐ 4 pounds mussels fresh rinsed scrubbed
- ☐ 1 tablespoon oregano leaves fresh chopped
- ☐ 6 servings soup noodles for dipping
- ☐ 6 servings salt and pepper
- ☐ 1 small onion white finely chopped

☐ 1 cup white wine

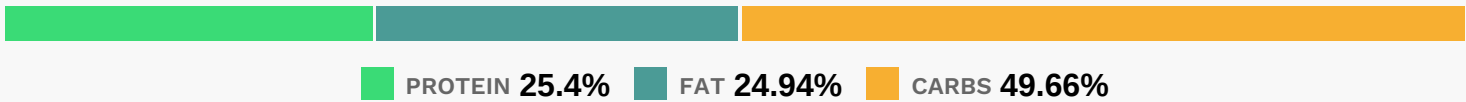
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a large saute pan over medium heat.
- ☐ Add the onion and garlic and saute until cooked.
- ☐ Add the wine and reduce by half, then add the plum tomatoes, oregano and parsley.
- ☐ Add the mussels to the pan and allow to cook for about 10 minutes until all the mussels are open.
- ☐ Transfer mussels to a platter. (Discard any mussels that do not open.)
- ☐ You can mound some pasta in the center of the plate surrounded by the mussels or have some bruschetta handy for dipping into the sauce.
- ☐ Adjust the seasoning for the sauce with salt and pepper, as necessary. Coat the mussels with the sauce and sprinkle with fresh chopped basil just before serving.

Nutrition Facts



Properties

Glycemic Index:39.83, Glycemic Load:20.25, Inflammation Score:-9, Nutrition Score:27.406521714252%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 445kcal (22.25%), Fat: 11.36g (17.48%), Saturated Fat: 1.8g (11.23%), Carbohydrates: 50.88g (16.96%), Net Carbohydrates: 48.49g (17.63%), Sugar: 2.43g (2.7%), Cholesterol: 43.18mg (14.39%), Sodium: 641.39mg (27.89%), Alcohol: 4.12g (100%), Alcohol %: 1.92% (100%), Protein: 26.02g (52.05%), Vitamin B12: 18.51µg (308.44%), Manganese: 5.9mg (294.91%), Selenium: 104.9µg (149.86%), Phosphorus: 424.72mg (42.47%), Iron: 7.34mg (40.8%), Magnesium: 90.25mg (22.56%), Zinc: 3.37mg (22.49%), Vitamin B2: 0.37mg (21.97%), Vitamin B1: 0.31mg (20.67%), Folate: 79.73µg (19.93%), Potassium: 683.44mg (19.53%), Vitamin B3: 3.53mg (17.66%), Vitamin C: 13.9mg (16.85%), Copper: 0.33mg (16.28%), Vitamin E: 2.08mg (13.84%), Vitamin B6: 0.22mg (11.23%), Vitamin K: 11.23µg (10.69%), Vitamin B5: 1.07mg (10.65%), Fiber: 2.39g (9.57%), Calcium: 75.85mg (7.58%), Vitamin A: 278.93IU (5.58%)