



Mussels and Fries with Mustard Mayonnaise

READY IN



30 min.

SERVINGS



2

CALORIES



1414 kcal

SIDE DISH

Ingredients

- ☐ 2 servings top (preferably a baguette)
- ☐ 2 teaspoons ground mustard dry
- ☐ 1 cup wine dry white
- ☐ 2 tablespoons flat parsley chopped
- ☐ 15 ounce fries frozen french
- ☐ 2 garlic clove
- ☐ 0.5 cup mayonnaise
- ☐ 2 pounds mussels rinsed
- ☐ 1 small onion

- ☐ 3 tablespoons butter unsalted
- ☐ 2 teaspoons water

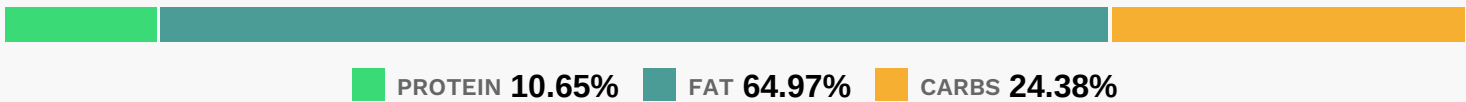
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pot

Directions

- ☐ Cook french fries according to package instructions and keep warm in oven if necessary.
- ☐ Meanwhile, cut onion into very thin slices with slicer, then cook with garlic and a pinch of salt in butter in a wide heavy medium pot over medium-high heat, covered, stirring occasionally, until pale golden.
- ☐ While onion cooks, whisk together mustard and water until smooth, then whisk in mayonnaise and 1/4 teaspoon pepper.
- ☐ Add wine to onion and briskly simmer, covered, stirring occasionally, until onion is almost tender, about 5 minutes.
- ☐ Add mussels and cook, covered, stirring occasionally, until mussels just open wide, 4 to 6 minutes, checking frequently after 4 minutes and transferring as cooked to a bowl. (Discard any mussels that remain unopened.) Stir parsley into cooking liquid and season with salt.
- ☐ Pour liquid over mussels, then serve with fries and mustard mayonnaise.
- ☐ This recipe can be doubled in an 8-quart heavy pot.

Nutrition Facts



Properties

Glycemic Index:174.42, Glycemic Load:41.42, Inflammation Score:-9, Nutrition Score:45.999130352684%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 7.22mg, Quercetin: 7.22mg, Quercetin: 7.22mg, Quercetin: 7.22mg

Nutrients (% of daily need)

Calories: 1414.32kcal (70.72%), Fat: 96.72g (148.8%), Saturated Fat: 28.05g (175.32%), Carbohydrates: 81.69g (27.23%), Net Carbohydrates: 71.07g (25.84%), Sugar: 3.21g (3.57%), Cholesterol: 133.44mg (44.48%), Sodium: 2078.04mg (90.35%), Alcohol: 12.36g (100%), Alcohol %: 2.27% (100%), Protein: 35.67g (71.34%), Vitamin B12: 27.86µg (464.38%), Manganese: 8.65mg (432.45%), Selenium: 111.37µg (159.1%), Vitamin K: 159.37µg (151.78%), Iron: 12.99mg (72.14%), Phosphorus: 692.51mg (69.25%), Potassium: 1857.19mg (53.06%), Vitamin C: 40.89mg (49.56%), Vitamin B3: 8.86mg (44.31%), Fiber: 10.62g (42.5%), Folate: 165.86µg (41.46%), Vitamin B1: 0.59mg (39.26%), Vitamin B2: 0.61mg (36.1%), Magnesium: 143.92mg (35.98%), Zinc: 4.92mg (32.8%), Vitamin B6: 0.66mg (32.77%), Vitamin B5: 2.57mg (25.75%), Vitamin A: 1269.87IU (25.4%), Vitamin E: 3.74mg (24.93%), Copper: 0.35mg (17.4%), Calcium: 124.59mg (12.46%), Vitamin D: 0.43µg (2.85%)