



Mussels and Shallot-Wine Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon cornmeal
- ☐ 0.5 cup cooking wine dry red
- ☐ 1.3 pounds mussels scrubbed
- ☐ 0.3 teaspoon cracked pepper
- ☐ 0.5 cup red wine vinegar
- ☐ 4 cups rock salt
- ☐ 1 tablespoon shallots minced

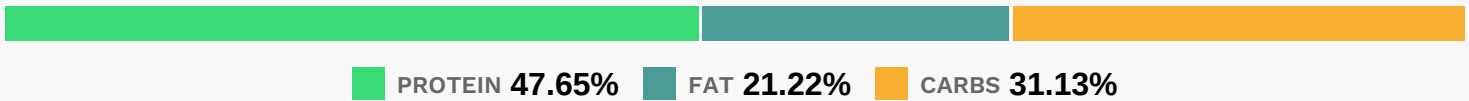
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 50
- ☐ Place mussels in a large bowl; cover with cold water.
- ☐ Sprinkle with cornmeal; let stand 30 minutes.
- ☐ Drain; rinse mussels.
- ☐ Place rock salt in bottom of a shallow roasting pan. Arrange mussels in a single layer on rock salt.
- ☐ Bake at 500 for 5 minutes or until shells open.
- ☐ Remove mussels from pan; set aside, and keep warm. Discard rock salt and any unopened shells.
- ☐ Combine wine, vinegar, shallots, and pepper in a small saucepan. Cook over medium heat 5 minutes or until thoroughly heated.
- ☐ Serve with mussels.

Nutrition Facts



Properties

Glycemic Index:45.13, Glycemic Load:2.54, Inflammation Score:-4, Nutrition Score:16.585652202368%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 104.46kcal (5.22%), Fat: 1.77g (2.73%), Saturated Fat: 0.34g (2.1%), Carbohydrates: 5.85g (1.95%), Net Carbohydrates: 5.5g (2%), Sugar: 0.24g (0.26%), Cholesterol: 20.24mg (6.75%), Sodium: 113382.92mg (4929.69%), Alcohol: 3.15g (100%), Alcohol %: 0.93% (100%), Protein: 8.96g (17.91%), Vitamin B12: 8.68µg (144.58%), Manganese: 2.8mg (140.15%), Selenium: 32.86µg (46.95%), Iron: 4.07mg (22.61%), Phosphorus: 152.13mg (15.21%), Zinc: 1.55mg (10.31%), Calcium: 92.3mg (9.23%), Vitamin B2: 0.15mg (9.11%), Copper: 0.17mg (8.42%), Vitamin B1: 0.12mg (8.32%), Potassium: 284.4mg (8.13%), Magnesium: 32.11mg (8.03%), Folate: 32.08µg (8.02%), Vitamin C: 6.13mg (7.43%), Vitamin B3: 1.22mg (6.12%), Vitamin B5: 0.39mg (3.85%), Vitamin B6: 0.06mg (2.99%), Vitamin E: 0.41mg (2.73%), Vitamin A: 116.45IU (2.33%), Fiber: 0.35g (1.39%)