



Mussels Antipasto



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bay leaf
- ☐ 3 tablespoons carrots diced
- ☐ 3 tablespoons celery diced
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 clove garlic sliced
- ☐ 2 tablespoons green onions sliced
- ☐ 2 pounds mussels fresh

- ☐ 0.1 teaspoon pepper dried red crushed
- ☐ 0.5 cup water

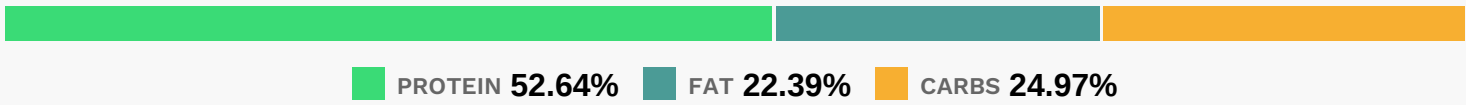
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Remove beards on mussels, and scrub shells with a brush. Discard opened, cracked, or heavy mussels (they're filled with sand). Set aside remaining mussels.
- ☐ Combine water and next 7 ingredients in a large saucepan; bring to a boil. Reduce heat, and simmer 2 to 3 minutes.
- ☐ Add mussels; bring to a boil. Cover and cook 3 to 4 minutes or until shells open.
- ☐ Remove and discard bay leaf and any unopened mussels.
- ☐ Remove from heat; stir in green onions. Ladle mixture evenly into individual serving bowls.

Nutrition Facts



Properties

Glycemic Index:59.46, Glycemic Load:2.73, Inflammation Score:-9, Nutrition Score:23.910434639972%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 4.48mg, Apigenin: 4.48mg, Apigenin: 4.48mg, Apigenin: 4.48mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 124.38kcal (6.22%), Fat: 2.66g (4.1%), Saturated Fat: 0.5g (3.15%), Carbohydrates: 6.69g (2.23%), Net Carbohydrates: 6.09g (2.21%), Sugar: 0.9g (1.01%), Cholesterol: 32.39mg (10.8%), Sodium: 348.6mg (15.16%), Alcohol: 2.06g (100%), Alcohol %: 1.39% (100%), Protein: 14.1g (28.19%), Vitamin B12: 13.88µg (231.33%), Manganese: 4mg (200.1%), Selenium: 52.01µg (74.31%), Vitamin A: 2309.97IU (46.2%), Vitamin K: 42.53µg (40.5%), Iron: 4.87mg (27.06%), Phosphorus: 240.47mg (24.05%), Vitamin C: 13.57mg (16.45%), Vitamin B2: 0.26mg (15.4%), Folate: 58.12µg (14.53%), Vitamin B1: 0.2mg (13.32%), Potassium: 459.65mg (13.13%), Zinc: 1.96mg (13.05%), Magnesium: 45.54mg (11.39%), Vitamin B3: 2.06mg (10.28%), Copper: 0.13mg (6.49%), Vitamin B5: 0.65mg (6.48%), Vitamin E: 0.78mg (5.22%), Vitamin B6: 0.1mg (5.12%), Calcium: 45.57mg (4.56%), Fiber: 0.6g (2.4%)