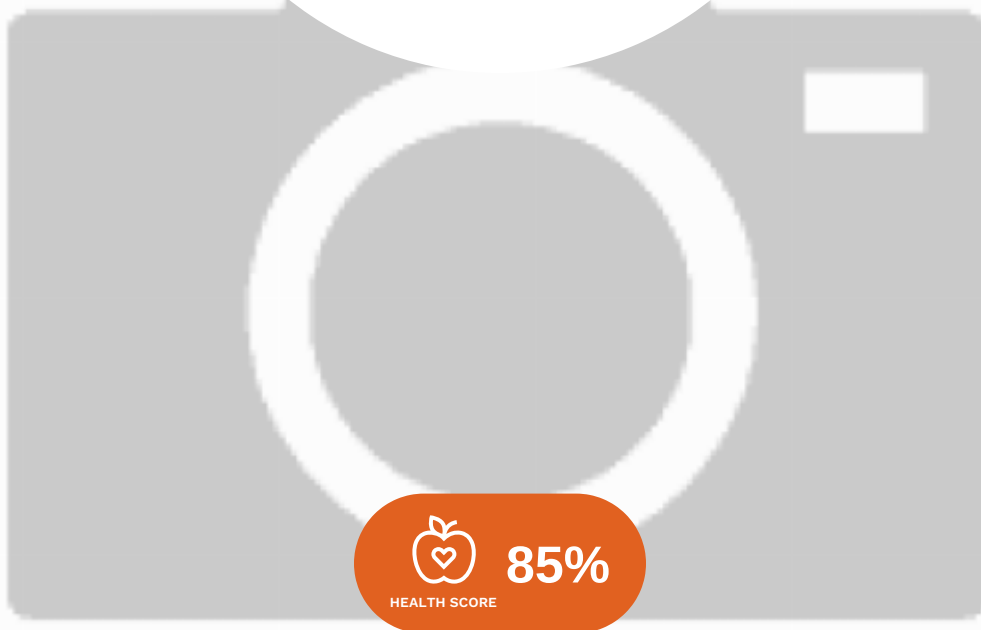




Mussels in a Fennel & White Wine Broth



Gluten Free



Dairy Free



Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



150 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup cherry tomatoes halved
- ☐ 1 bulb fennel trimmed sliced
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 3 cloves garlic thinly sliced
- ☐ 1 pound mussels cleaned
- ☐ 1.5 tablespoons olive oil
- ☐ 0.5 cup white wine

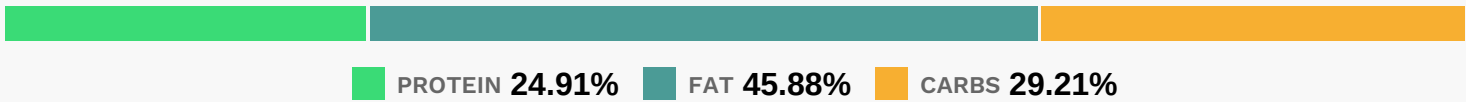
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with parchment paper or a silicone baking mat.
- ☐ Place fennel slices in a bowl.
- ☐ Drizzle 1 tablespoon olive oil over fennel and toss to coat.
- ☐ Transfer to prepared baking sheet and roast in the preheated oven until fennel is cooked through and beginning to caramelize, 25 to 35 minutes.
- ☐ Heat 1 1/2 tablespoons olive oil in a large skillet over medium-high heat.
- ☐ Add garlic; cook, stirring frequently until garlic is fragrant and light golden, 1 to 2 minutes.
- ☐ Stir mussels into garlic; toss to evenly combine. Stir in roasted fennel, cherry tomatoes, and white wine. Bring to a boil, cover, and cook until mussels are all opened, 3 to 5 minutes. Stir in parsley and serve.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:2.54, Inflammation Score:-7, Nutrition Score:23.13260845516%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg

Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 150.29kcal (7.51%), Fat: 6.74g (10.38%), Saturated Fat: 1.04g (6.47%), Carbohydrates: 9.66g (3.22%), Net Carbohydrates: 7.42g (2.7%), Sugar: 3.57g (3.97%), Cholesterol: 16.19mg (5.4%), Sodium: 204.01mg (8.87%), Alcohol: 3.09g (100%), Alcohol %: 2.01% (100%), Protein: 8.24g (16.47%), Vitamin B12: 6.94µg (115.67%), Manganese: 2.2mg (109.79%), Vitamin K: 102.66µg (97.77%), Selenium: 26.86µg (38.37%), Vitamin C: 25.83mg (31.31%), Iron: 3.35mg (18.59%), Phosphorus: 164.63mg (16.46%), Potassium: 559.61mg (15.99%), Vitamin A: 669.18IU (13.38%), Folate: 50.99µg (12.75%), Vitamin E: 1.65mg (11.01%), Magnesium: 38.4mg (9.6%), Vitamin B2: 0.16mg (9.35%), Fiber: 2.25g (8.98%), Vitamin B1: 0.12mg (8.07%), Vitamin B3: 1.6mg (7.98%), Zinc: 1.2mg (7.98%), Copper: 0.13mg (6.72%), Vitamin B6: 0.13mg (6.61%), Calcium: 59.8mg (5.98%), Vitamin B5: 0.51mg (5.15%)