



 **60%**  
HEALTH SCORE

## Mussels in a Pepper Broth---Impepata di Cozze

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



15 min.

SERVINGS



6

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

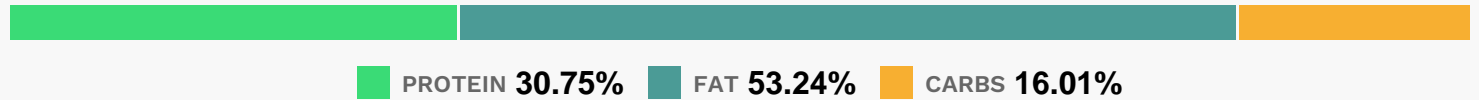
- 2 cups cooking wine dry white
- 4 tablespoons olive oil extra virgin
- 1 cup flat parsley leaves minced
- 5 cloves garlic crushed
- 96 prince edward island mussels rinsed scrubbed
- 6 servings salt and pepper

### Equipment

# Directions

- In a large cast iron casserole, combine the wine and garlic and bring to a simmer.
- Add the mussels and cook, uncovered, until they begin to open, about 3 minutes. As they open, sprinkle aggressively with parsley and black pepper. Once they are fully opened, remove from heat, sprinkle lightly with salt, drizzle with olive oil and serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:21.17, Glycemic Load:3.05, Inflammation Score:-8, Nutrition Score:28.183478490166%

# Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 1.53mg, Myricetin: 1.53mg, Myricetin: 1.53mg, Myricetin: 1.53mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

# Nutrients (% of daily need)

Calories: 267.71kcal (13.39%), Fat: 12.35g (19%), Saturated Fat: 1.86g (11.61%), Carbohydrates: 8.36g (2.79%), Net Carbohydrates: 7.98g (2.9%), Sugar: 0.88g (0.98%), Cholesterol: 36.56mg (12.19%), Sodium: 577.4mg (25.1%), Alcohol: 8.24g (100%), Alcohol %: 4.48% (100%), Protein: 16.05g (32.1%), Vitamin B12: 15.67µg (261.12%), Manganese: 4.59mg (229.55%), Vitamin K: 170.11µg (162.01%), Selenium: 58.94µg (84.19%), Iron: 6.09mg (33.83%), Vitamin C: 24.52mg (29.73%), Phosphorus: 281.23mg (28.12%), Vitamin A: 1051.52IU (21.03%), Folate: 70.91µg (17.73%), Vitamin B2: 0.3mg (17.57%), Zinc: 2.32mg (15.48%), Potassium: 540.15mg (15.43%), Vitamin B1: 0.23mg (15.1%), Magnesium: 58.02mg (14.51%), Vitamin E: 2.14mg (14.26%), Vitamin B3: 2.32mg (11.62%), Vitamin B5: 0.74mg (7.44%), Copper: 0.15mg (7.42%), Vitamin B6: 0.15mg (7.26%), Calcium: 59.68mg (5.97%), Fiber: 0.38g (1.53%)