



Mussels in Herbed Tomato Broth

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



45 min.

SERVINGS



2

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 basil leaves
- 0.1 teaspoon pepper black
- 0.3 cup cooking wine dry white
- 1.5 cups less-sodium chicken broth fat-free
- 1 small optional: lemon sliced
- 2 pounds mussels scrubbed
- 4 oregano sprigs fresh
- 1 pound plum tomatoes chopped

Equipment

sauce pan

Directions

Place basil and oregano in a large saucepan; top with tomato, pepper, and lemon. Arrange mussels over lemon; pour broth and wine over mussels. Cover, bring to a boil, and cook 3 minutes or until shells open.

Remove from heat; discard any unopened shells.

Nutrition Facts



Properties

Glycemic Index:117.75, Glycemic Load:7.65, Inflammation Score:-10, Nutrition Score:40.779999898828%

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: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.19mg, Hesperetin: 15.19mg, Hesperetin: 15.19mg, Hesperetin: 15.19mg Naringenin: 1.95mg, Naringenin: 1.95mg, Naringenin: 1.95mg, Naringenin: 1.95mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 292.64kcal (14.63%), Fat: 6.18g (9.51%), Saturated Fat: 1.1g (6.88%), Carbohydrates: 24.89g (8.3%), Net Carbohydrates: 19.76g (7.19%), Sugar: 7.94g (8.83%), Cholesterol: 64.77mg (21.59%), Sodium: 1372.41mg (59.67%), Alcohol: 3.09g (100%), Alcohol %: 0.55% (100%), Protein: 31.28g (62.55%), Vitamin B12: 28.1µg (468.34%), Manganese: 8.32mg (415.94%), Selenium: 107.73µg (153.9%), Vitamin C: 78.39mg (95.02%), Iron: 11.17mg (62.04%), Phosphorus: 546.53mg (54.65%), Vitamin A: 2348.13IU (46.96%), Potassium: 1453.89mg (41.54%), Folate: 144.43µg (36.11%), Vitamin B2: 0.59mg (34.78%), Vitamin B1: 0.49mg (32.87%), Vitamin K: 34.23µg (32.6%), Vitamin B3: 6.19mg (30.93%), Magnesium: 118.75mg (29.69%), Zinc: 4.25mg (28.34%), Copper: 0.42mg (21.11%), Fiber: 5.13g (20.51%), Vitamin B6: 0.4mg (20.08%), Vitamin E: 2.95mg (19.67%), Vitamin B5: 1.7mg (17.01%), Calcium: 140.29mg (14.03%)