

Mussels in Lager

READY IN



30 min.

SERVINGS



4

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup canned tomatoes diced canned drained (from a 14- to 15-oz can)
- ☐ 2 rib celery cut into 1/4-inch dice (1 cup)
- ☐ 4 servings accompaniment: crusty bread
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 3 garlic cloves finely chopped
- ☐ 2 tablespoons heavy cream

- ☐ 2 cups lager such as harp (16 oz; pour beer slowly into measuring cup; do not measure foam)
- ☐ 2 lb mussels scrubbed well (preferably cultivated)
- ☐ 1 cup onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 turkish or
- ☐ 0.3 cup butter unsalted

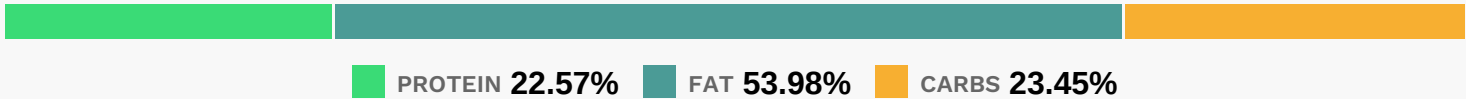
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Heat butter in a wide 5- to 6-quart heavy pot over moderately high heat until foam subsides, then cook onion, celery, tomatoes, garlic, thyme, bay leaf, salt, and pepper, stirring occasionally, until vegetables are softened, about 4 minutes.
- ☐ Add beer and bring just to a boil.
- ☐ Add mussels and cook, covered, stirring occasionally, until mussels open wide, 4 to 6 minutes, transferring them to a bowl as they open. (Discard any mussels that remain unopened after 6 minutes.)
- ☐ Remove pot from heat. Stir together mustard and cream in a small bowl, then add mixture along with parsley to hot broth and whisk until combined. Discard bay leaf.
- ☐ Serve sauce over mussels.

Nutrition Facts



Properties

Glycemic Index:100.25, Glycemic Load:5.35, Inflammation Score:-9, Nutrition Score:27.493478184161%

Flavonoids

Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 8.5mg, Quercetin: 8.5mg, Quercetin: 8.5mg, Quercetin: 8.5mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 314.31kcal (15.72%), Fat: 17.13g (26.36%), Saturated Fat: 9.56g (59.74%), Carbohydrates: 16.75g (5.58%), Net Carbohydrates: 15g (5.45%), Sugar: 3.51g (3.9%), Cholesterol: 71.36mg (23.79%), Sodium: 767.42mg (33.37%), Alcohol: 4.6g (100%), Alcohol %: 1.59% (100%), Protein: 16.12g (32.23%), Vitamin B12: 13.94µg (232.33%), Manganese: 4.13mg (206.64%), Selenium: 55.05µg (78.64%), Vitamin K: 65.2µg (62.1%), Iron: 5.75mg (31.95%), Vitamin C: 24.37mg (29.54%), Phosphorus: 286.73mg (28.67%), Vitamin A: 1067.86IU (21.36%), Vitamin B2: 0.35mg (20.65%), Folate: 76.52µg (19.13%), Potassium: 626.51mg (17.9%), Vitamin B1: 0.26mg (17.4%), Magnesium: 63.48mg (15.87%), Vitamin B3: 3.09mg (15.44%), Zinc: 2.16mg (14.39%), Vitamin B6: 0.27mg (13.38%), Vitamin E: 1.5mg (9.99%), Copper: 0.2mg (9.81%), Calcium: 86.25mg (8.62%), Vitamin B5: 0.83mg (8.29%), Fiber: 1.75g (7%), Vitamin D: 0.33µg (2.22%)