



HEALTH SCORE

72%

Mussels in Mexican Beer



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 bottle mexican beer dark such as modelo negro or dos equis
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 4 cloves garlic crushed
- ☐ 1 jalapeño seeded chopped
- ☐ 30 mussels scrubbed
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 small onion chopped
- ☐ 2 pinches a couple salt

☐

15 ounces tomatoes diced

Equipment

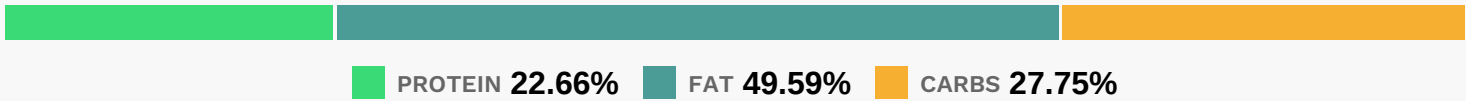
☐

frying pan

Directions

- ☐
- In a deep skillet with a cover preheated over medium high heat, add oil, garlic, onion and jalapeno. Season with salt.
- ☐
- Saute 2 minutes. Arrange mussels in the pan.
- ☐
- Pour in beer and tomatoes and shake the pan to combine. Cover pan and cook 3 minutes or until mussels open.
- ☐
- Remove from heat and spoon sauce down into shells.
- ☐
- Garnish with parsley or cilantro.
- ☐
- Serve immediately from the pan.

Nutrition Facts



Properties

Glycemic Index:62.38, Glycemic Load:3.53, Inflammation Score:-8, Nutrition Score:21.700869601706%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 165.13kcal (8.26%), Fat: 8.64g (13.3%), Saturated Fat: 1.27g (7.95%), Carbohydrates: 10.88g (3.63%), Net Carbohydrates: 9.08g (3.3%), Sugar: 3.73g (4.14%), Cholesterol: 17.14mg (5.71%), Sodium: 378.41mg (16.45%), Alcohol: 1.66g (100%), Alcohol %: 0.86% (100%), Protein: 8.89g (17.78%), Vitamin B12: 7.35µg (122.54%), Manganese:

2.29mg (114.26%), Vitamin K: 46.24µg (44.04%), Selenium: 28.2µg (40.29%), Vitamin C: 28.5mg (34.55%), Vitamin A: 1190.32IU (23.81%), Iron: 2.97mg (16.52%), Phosphorus: 163.76mg (16.38%), Potassium: 516.72mg (14.76%), Vitamin E: 2.06mg (13.77%), Folate: 51.6µg (12.9%), Vitamin B6: 0.21mg (10.49%), Vitamin B1: 0.16mg (10.44%), Vitamin B2: 0.17mg (10.1%), Magnesium: 39.08mg (9.77%), Vitamin B3: 1.94mg (9.71%), Zinc: 1.26mg (8.37%), Fiber: 1.8g (7.2%), Copper: 0.14mg (7.15%), Vitamin B5: 0.48mg (4.76%), Calcium: 41.07mg (4.11%)