



Mussels In Piquant Broth

 **Gluten Free**  **Dairy Free**

READY IN



53 min.

SERVINGS



4

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 0.5 teaspoon pepper black freshly ground
- 2 cups bottled clam juice
- 1 cup cooking wine dry white
- 0.5 cup cilantro leaves fresh minced
- 2 large garlic cloves minced
- 0.5 teaspoon hot sauce
- 1 tablespoon penzey's southwest seasoning dried italian

- 3 tablespoons juice of lemon fresh
- 48 mussels scrubbed
- 1 tablespoon olive oil
- 1 small onion finely chopped
- 3 cups vegetable juice (such as V-8)

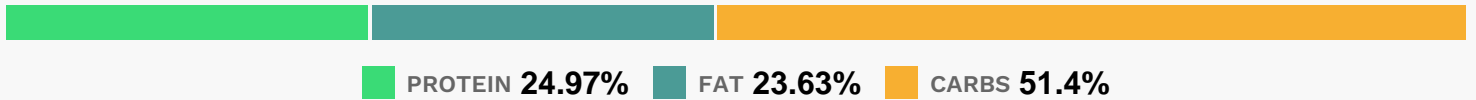
Equipment

- bowl
- ladle
- dutch oven

Directions

- Heat oil in a large Dutch oven over medium-high heat.
- Add onion and garlic; saut 2 minutes or until tender.
- Add wine; bring to a boil, and cook 5 minutes.
- Add vegetable juice and next 6 ingredients. Bring to a boil; reduce heat, and simmer, uncovered, 30 minutes. Stir in cilantro.
- Add mussels; bring to a boil. Cover, reduce heat, and simmer 5 minutes or until shells open.
- Discard bay leaves and any unopened shells. Divide mussels evenly among 4 bowls. Ladle broth over mussels.

Nutrition Facts



Properties

Glycemic Index:58.5, Glycemic Load:5.19, Inflammation Score:-9, Nutrition Score:27.142608870631%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg

Hesperetin: 1.87mg, Hesperetin: 1.87mg, Hesperetin: 1.87mg, Hesperetin: 1.87mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg

Nutrients (% of daily need)

Calories: 275.57kcal (13.78%), Fat: 6.06g (9.32%), Saturated Fat: 0.94g (5.86%), Carbohydrates: 29.65g (9.88%), Net Carbohydrates: 26.7g (9.71%), Sugar: 11.58g (12.87%), Cholesterol: 27.42mg (9.14%), Sodium: 1040.92mg (45.26%), Alcohol: 6.18g (100%), Alcohol %: 1.58% (100%), Protein: 14.41g (28.81%), Vitamin B12: 11.79µg (196.43%), Manganese: 3.59mg (179.67%), Vitamin C: 74.56mg (90.37%), Selenium: 44.8µg (64%), Vitamin A: 1989.33IU (39.79%), Iron: 5.39mg (29.92%), Potassium: 885.19mg (25.29%), Phosphorus: 228.3mg (22.83%), Vitamin K: 16.93µg (16.13%), Folate: 61.17µg (15.29%), Vitamin B2: 0.25mg (14.58%), Vitamin B1: 0.2mg (13.48%), Magnesium: 52.42mg (13.1%), Zinc: 1.84mg (12.23%), Fiber: 2.95g (11.81%), Vitamin B6: 0.21mg (10.72%), Vitamin B3: 2.03mg (10.16%), Calcium: 99.68mg (9.97%), Vitamin E: 1.48mg (9.84%), Copper: 0.16mg (7.9%), Vitamin B5: 0.69mg (6.87%)