



Mussels in Red Verjus



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 teaspoons thyme leaves fresh chopped
- ☐ 16 garlic cloves unpeeled
- ☐ 2 servings fresh-ground pepper
- ☐ 2 pounds mussels
- ☐ 3 tablespoons olive oil
- ☐ 2 tablespoons parsley chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shallots minced

☐ 1 cup verjus red

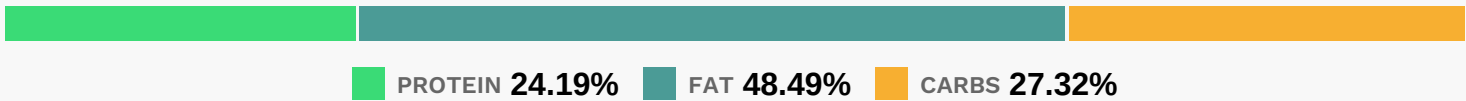
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Wrap garlic cloves with 1 tablespoon of the butter loosely in foil; fold edges to seal.
- ☐ Bake in a 400 oven until soft when pressed, 30 to 40 minutes.
- ☐ Meanwhile, scrub and pull beards off mussels.
- ☐ In a 4- to 5-quart pan over medium heat, combine remaining 2 tablespoons butter, thyme leaves, and 1/2 teaspoon salt. Squeeze soft garlic cloves from peels into pan. Stir until shallots are limp, 3 minutes.
- ☐ Increase heat to high and add verjus; when boiling, add mussels, cover, and cook until shells have opened 2 to 3 minutes.
- ☐ Sprinkle with parsley, pepper, and more salt to taste. Spoon mussels and liquid into wide, shallow bowls.

Nutrition Facts



Properties

Glycemic Index:109.5, Glycemic Load:7.95, Inflammation Score:-10, Nutrition Score:37.213913171188%

Flavonoids

Apigenin: 8.74mg, Apigenin: 8.74mg, Apigenin: 8.74mg, Apigenin: 8.74mg Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 509.91kcal (25.5%), Fat: 30.33g (46.66%), Saturated Fat: 3.93g (24.58%), Carbohydrates: 38.44g (12.81%), Net Carbohydrates: 36.27g (13.19%), Sugar: 14.4g (16%), Cholesterol: 64.77mg (21.59%), Sodium: 1261.91mg (54.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.04g (68.08%), Vitamin B12: 27.76µg (462.66%), Manganese: 8.44mg (422.12%), Selenium: 107.41µg (153.44%), Vitamin K: 79.28µg (75.51%), Iron: 10.98mg (60.99%), Phosphorus: 516.91mg (51.69%), Vitamin C: 40.08mg (48.59%), Vitamin B2: 0.54mg (31.83%), Vitamin B1: 0.44mg (29.42%), Vitamin E: 4.36mg (29.06%), Folate: 115.83µg (28.96%), Zinc: 4.22mg (28.11%), Potassium: 983.46mg (28.1%), Vitamin B6: 0.53mg (26.66%), Magnesium: 99.45mg (24.86%), Vitamin B3: 4.05mg (20.27%), Vitamin A: 901.02IU (18.02%), Copper: 0.35mg (17.26%), Vitamin B5: 1.42mg (14.19%), Calcium: 137.26mg (13.73%), Fiber: 2.17g (8.67%)