



Mussels in Saffron and White Wine Broth

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons butter
- ☐ 2.5 tablespoons chives chopped
- ☐ 1 cup bottled clam juice
- ☐ 1 cup wine dry white
- ☐ 3 garlic clove chopped
- ☐ 2 tablespoons half and half
- ☐ 3 tablespoons juice of lemon
- ☐ 8 pounds mussels scrubbed

- ☐ 2.5 teaspoons saffron threads
- ☐ 4 spring onion thinly sliced
- ☐ 3 tomatoes seeded chopped

Equipment

- ☐ bowl
- ☐ pot
- ☐ kitchen towels

Directions

- ☐ Melt the butter in a large pot, then add the garlic. Sauté until the garlic is fragrant, about 1 minute.
- ☐ Add the wine, half and half, and saffron; simmer for 5 minutes.
- ☐ Add the clam juice, scallions, tomato, and lemon juice, scallions, tomato, and lemon juice; simmer for 5 minutes.
- ☐ Add the mussels, cover, and steam until they are open, about 5–7 minutes. Shake the pot, holding down the lid with a kitchen towel, to redistribute the mussels. Discard any mussels that do not open. Divide the mussels into eight bowls; distribute the broth equally among the bowls, and top each with fresh chives.
- ☐ Focus on: Cleaning Mussels
- ☐ Hold the mussel under cold running water. Use a brush with stiff bristles to thoroughly scrub the mussel and remove grit, sand, and mud from the shell's exterior. Mussels—especially non-farmed ones—often have a dark, shaggy beard extending from each shell.
- ☐ Remove them for a neater appearance in the finished dish. After scrubbing a mussel, pull the beard away from the shell until taut, and then pull the beard down sharply toward the dark hinge. It will snap away easily. Removing its beard will kill the mussel, so perform this step just before cooking.
- ☐ From Gourmet Meals in Minutes by The Culinary Institute of America, (C) 2004 Lebharr-Friedman Books

Nutrition Facts



 PROTEIN **47.81%**  FAT **25.73%**  CARBS **26.46%**

Properties

Glycemic Index:41.25, Glycemic Load:5.07, Inflammation Score:-8, Nutrition Score:31.117825933125%

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: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 265.13kcal (13.26%), Fat: 6.82g (10.49%), Saturated Fat: 1.91g (11.93%), Carbohydrates: 15.77g (5.26%), Net Carbohydrates: 14.88g (5.41%), Sugar: 2.95g (3.27%), Cholesterol: 68.77mg (22.92%), Sodium: 784.08mg (34.09%), Alcohol: 3.09g (100%), Alcohol %: 1.1% (100%), Protein: 28.5g (56.99%), Vitamin B12: 27.78µg (462.97%), Manganese: 8mg (400.2%), Selenium: 104.13µg (148.76%), Iron: 9.52mg (52.89%), Phosphorus: 484.32mg (48.43%), Vitamin C: 30.56mg (37.05%), Vitamin B2: 0.52mg (30.49%), Folate: 112.91µg (28.23%), Vitamin B1: 0.4mg (26.92%), Potassium: 932.63mg (26.65%), Zinc: 3.9mg (26%), Magnesium: 90.9mg (22.73%), Vitamin B3: 4.13mg (20.66%), Vitamin A: 944.16IU (18.88%), Vitamin K: 18.57µg (17.68%), Copper: 0.27mg (13.28%), Vitamin B5: 1.27mg (12.7%), Vitamin E: 1.64mg (10.91%), Vitamin B6: 0.21mg (10.47%), Calcium: 81.73mg (8.17%), Fiber: 0.89g (3.57%)