



HEALTH SCORE

55%

Mussels in White Wine

READY IN



60 min.

SERVINGS



2

CALORIES



813 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.3 cup flat-leaf parsley chopped
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 5 cloves garlic minced
- ☐ 2 teaspoons kosher salt
- ☐ 3 pounds cultivated mussels
- ☐ 2 tablespoons olive oil good
- ☐ 4 ounces plum tomatoes canned drained chopped

- ☐ 0.5 teaspoon saffron threads good
- ☐ 1 cup shallots chopped (5 to 7 shallots)
- ☐ 2 tablespoons butter unsalted
- ☐ 1 cup white wine good

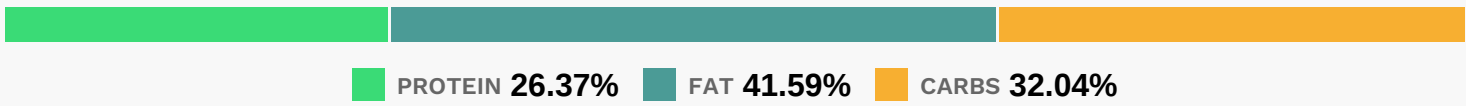
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ To clean the mussels, put them in a large bowl with 2 quarts of water and the flour and soak for 30 minutes, or until the mussels disgorge any sand.
- ☐ Drain the mussels, then remove the "beard" from each with your fingers. If they're dirty, scrub the mussels with a brush under running water. Discard any mussels whose shells aren't tightly shut.
- ☐ In a large non-aluminum stockpot, heat the butter and olive oil over medium heat.
- ☐ Add the shallots and cook for 5 minutes; then add the garlic and cook for 3 more minutes, or until the shallots are translucent.
- ☐ Add the tomatoes, saffron, parsley, thyme, wine, salt, and pepper. Bring to a boil.
- ☐ Add the mussels, stir well, then cover the pot, and cook over medium heat for 8 to 10 minutes, until all the mussels are opened (discard any that do not open). With the lid on, shake the pot once or twice to be sure the mussels don't burn on the bottom.
- ☐ Pour the mussels and the sauce into a large bowl and serve hot.

Nutrition Facts



Properties

Glycemic Index:208.5, Glycemic Load:24.87, Inflammation Score:-10, Nutrition Score:53.877391167309%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 21.65mg, Apigenin: 21.65mg, Apigenin: 21.65mg, Apigenin: 21.65mg Luteolin: 1.71mg, Luteolin: 1.71mg, Luteolin: 1.71mg, Luteolin: 1.71mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 1.69mg, Myricetin: 1.69mg, Myricetin: 1.69mg, Myricetin: 1.69mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 813.07kcal (40.65%), Fat: 33.77g (51.96%), Saturated Fat: 10.72g (66.98%), Carbohydrates: 58.54g (19.51%), Net Carbohydrates: 52.28g (19.01%), Sugar: 12.18g (13.54%), Cholesterol: 127.26mg (42.42%), Sodium: 3350.59mg (145.68%), Alcohol: 12.36g (100%), Alcohol %: 2.18% (100%), Protein: 48.18g (96.36%), Vitamin B12: 41.66µg (694.39%), Manganese: 12.83mg (641.66%), Selenium: 165.33µg (236.18%), Vitamin K: 181.49µg (172.85%), Iron: 18.13mg (100.72%), Phosphorus: 838.26mg (83.83%), Vitamin C: 66.25mg (80.31%), Folate: 251.4µg (62.85%), Vitamin B1: 0.84mg (56.25%), Vitamin B2: 0.93mg (54.42%), Potassium: 1871.86mg (53.48%), Vitamin A: 2397.05IU (47.94%), Magnesium: 180.23mg (45.06%), Zinc: 6.7mg (44.66%), Vitamin B6: 0.81mg (40.7%), Vitamin B3: 7.75mg (38.75%), Vitamin E: 4.71mg (31.38%), Copper: 0.57mg (28.64%), Fiber: 6.26g (25.04%), Vitamin B5: 2.4mg (24.02%), Calcium: 204.53mg (20.45%), Vitamin D: 0.21µg (1.4%)