



WHATSheATE



Mussels in White Wine Sauce



Gluten Free



Popular

READY IN



35 min.

SERVINGS



2

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds mussels scrubbed
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 Tbsp butter
- ☐ 0.3 cup shallots minced
- ☐ 1 Tbsp garlic minced
- ☐ 2 teaspoons flour gluten-free for version (optional, omit)
- ☐ 0.3 cup parsley minced

Equipment

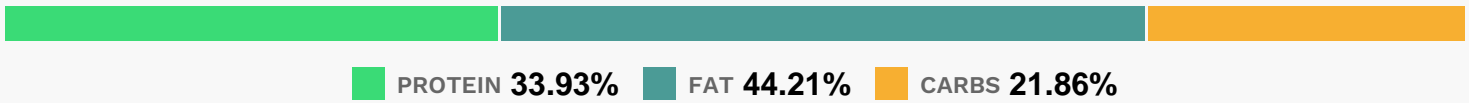
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ sieve
- ☐ measuring cup
- ☐ tongs

Directions

- ☐ Put the mussels in a bowl of salted water (1 Tbsp salt per quart of water) for 10–15 minutes. Throw out any that are wide open or refuse to close when you handle them as these ones are likely dead.
- ☐ Looking over the closed mussels, see if any still have their beards (long hairy byssal threads which help anchor the mussel to surfaces) and pull them out, pulling slowly and strongly towards the hinge of the shell.
- ☐ Put wine, mussels in bottom of large pot, steam until mussels open: Put 1/2 cup of dry white wine in the bottom of a large pot (at least 4-quart).
- ☐ Add the mussels to the pot. Cover and bring to a boil and then reduce the heat to low. As the mussels cook, they will release their highly flavored water into the pot.
- ☐ Cook until shells have opened, and the mussels are just cooked, looking steamed and soft, 5 to 7 minutes. Take care not to overcook, or the mussels will be rubbery and hard.
- ☐ cooked mussels, save the cooking liquid: Once the mussels are cooked, carefully remove them from the pot to a bowl, one-by-one using tongs, including those that have broken loose from their shells. Do not discard the liquid in the pot!
- ☐ Let the water in the pot settle for a minute. Any grit will settle to the bottom. Gently pour out the cooking water into a measuring cup, leaving the grit in the pot to discard of later. If the water you've measured out is still a little gritty, filter out the grit using a sieve.
- ☐ Sauté shallots and garlic in butter, add flour: Melt the butter in a medium-sized saucepan.
- ☐ Add the shallots and cook a couple minutes until translucent.
- ☐ Add the garlic and cook a minute more. If you want your sauce to be a little thick, add a teaspoon or two of flour to the pan, stir to combine. (Otherwise skip the flour.)

- ☐
- Add mussel cooking water to create sauce: Slowly add about a cup of the filtered mussel cooking water to the saucepan, stirring to create a smooth sauce.
- ☐
- Add the minced parsley to the sauce.
- ☐
- Pour sauce over mussels to serve:
- ☐
- Place mussels in serving bowls.
- ☐
- Pour some sauce over each bowl of mussels.
- ☐
- Serve immediately.
- ☐
- Serve with crusty bread for dipping in the sauce.

Nutrition Facts



Properties

Glycemic Index:103.5, Glycemic Load:6.16, Inflammation Score:-9, Nutrition Score:35.972174209097%

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 Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 388.73kcal (19.44%), Fat: 16.9g (26%), Saturated Fat: 8.3g (51.88%), Carbohydrates: 18.79g (6.26%), Net Carbohydrates: 17.24g (6.27%), Sugar: 3.1lg (3.45%), Cholesterol: 95.3mg (31.77%), Sodium: 764.34mg (33.23%), Alcohol: 6.18g (100%), Alcohol %: 2.24% (100%), Protein: 29.18g (58.36%), Vitamin B12: 27.78µg (463.07%), Manganese: 8.1mg (405.04%), Selenium: 104.77µg (149.67%), Vitamin K: 124.77µg (118.83%), Iron: 10.29mg (57.15%), Phosphorus: 498.15mg (49.81%), Vitamin C: 32.1mg (38.9%), Vitamin B2: 0.52mg (30.43%), Folate: 119.76µg (29.94%), Vitamin A: 1358.33IU (27.17%), Vitamin B1: 0.41mg (27.07%), Potassium: 942.64mg (26.93%), Zinc: 4.03mg (26.87%), Magnesium: 95.9mg (23.97%), Vitamin B3: 3.96mg (19.79%), Vitamin B6: 0.3mg (15.22%), Copper: 0.27mg (13.45%), Vitamin B5: 1.34mg (13.39%), Vitamin E: 1.67mg (11.15%), Calcium: 99.25mg (9.93%), Fiber: 1.55g (6.19%)