



Mussels Mariniere

 Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



1025 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 3 tablespoons butter
- 0.3 teaspoon thyme leaves dried
- 6 tablespoons parsley fresh chopped
- 2 cloves garlic minced
- 4 quarts mussels fresh
- 1 onion chopped
- 16 ounce linguini pasta

2 cups white wine

Equipment

bowl

frying pan

knife

pot

Directions

Scrub mussels and pull off beards, cutting them at the base with a paring knife. Discard those that do not close when you handle them and any with broken shells.

Bring a large pot of lightly salted water to a boil.

Add pasta and cook for 8 to 10 minutes or until al dente; drain and reserve.

Meanwhile, in a large skillet place 2 tablespoons butter or margarine, onion, garlic, parsley, bay leaf, thyme and wine. Bring to a boil and lower heat; cook for 2 minutes.

Add mussels; cover and cook just until they open, 3 to 4 minutes. Do not overcook.

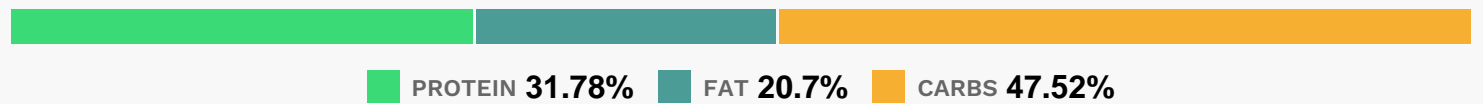
Divide pasta into 4 bowls and spoon mussels over noodles.

Strain mussel liquid, and return to pot.

Add remaining butter or margarine and heat until it melts.

Pour over mussels and serve.

Nutrition Facts



Properties

Glycemic Index:61.5, Glycemic Load:44.18, Inflammation Score:-10, Nutrition Score:54.616522001184%

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: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

Nutrients (% of daily need)

Calories: 1025.11kcal (51.26%), Fat: 21.13g (32.5%), Saturated Fat: 7.79g (48.66%), Carbohydrates: 109.11g (36.37%), Net Carbohydrates: 104.76g (38.09%), Sugar: 5.42g (6.02%), Cholesterol: 157.71mg (52.57%), Sodium: 1465.42mg (63.71%), Alcohol: 12.36g (100%), Alcohol %: 2.06% (100%), Protein: 72.98g (145.96%), Vitamin B12: 57.93µg (965.58%), Manganese: 17.67mg (883.36%), Selenium: 288.48µg (412.11%), Phosphorus: 1203.15mg (120.31%), Iron: 21.41mg (118.93%), Vitamin K: 101.42µg (96.59%), Vitamin B2: 1.12mg (65.79%), Zinc: 9.61mg (64.05%), Magnesium: 242.7mg (60.68%), Vitamin B1: 0.9mg (60.13%), Folate: 239.24µg (59.81%), Vitamin C: 49.14mg (59.56%), Potassium: 1965.09mg (56.15%), Vitamin B3: 9.91mg (49.54%), Copper: 0.81mg (40.55%), Vitamin A: 1544.67IU (30.89%), Vitamin B5: 3.03mg (30.34%), Vitamin B6: 0.52mg (26.02%), Vitamin E: 3.08mg (20.53%), Calcium: 181.33mg (18.13%), Fiber: 4.36g (17.42%)