



HEALTH SCORE

60%

Mussels (Not from Brussels, but Belgian Anyway)



Gluten Free



Dairy Free



Very Healthy

READY IN



55 min.

SERVINGS



8

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 bay leaf



3 peppercorns black



1 carrots peeled sliced



1.5 stalks celery sliced



2 slices optional: lemon



8 pounds mussels fresh



1 onion peeled sliced

☐ 750 milliliter white wine

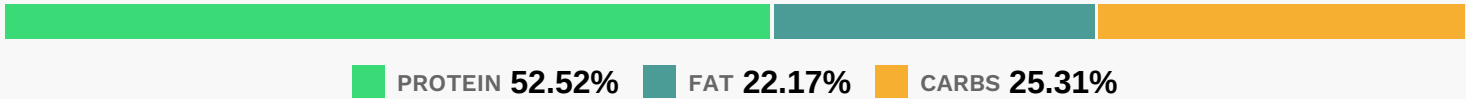
Equipment

- ☐ frying pan
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ To prepare the mussels, scrape off anything living or growing on the outside of the shells, and pull out the little bunch of dark hairs (the beard) coming out of the side of the shells. Soak them in cold water while doing so. The shells are usually closed when you buy them. Do not panic if they open under water! Any shells that do not close when you tap them, have to be thrown out. This part may be done a couple of hours ahead of time if the mussels are stored in a cool place. Set the cleaned mussels aside.
- ☐ In a large heavy-bottomed pot, combine the carrot, onion, celery, bay leaf, peppercorns, lemon slices and white wine. Bring to a boil over high heat, and add 1/3 of the cleaned mussels. Cover the pan, and cook shaking, every minute or so to help the mussels cook evenly. When all of the mussels are open, remove from the pan using a slotted spoon, and start enjoying your meal. Continue to cook remaining mussels in the same liquid.

Nutrition Facts



Properties

Glycemic Index:28.54, Glycemic Load:5.23, Inflammation Score:-9, Nutrition Score:30.124782572622%

Flavonoids

Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin:

2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 287.25kcal (14.36%), Fat: 5.23g (8.05%), Saturated Fat: 1g (6.23%), Carbohydrates: 13.44g (4.48%), Net Carbohydrates: 12.81g (4.66%), Sugar: 2g (2.22%), Cholesterol: 64.77mg (21.59%), Sodium: 678.22mg (29.49%), Alcohol: 9.8g (100%), Alcohol %: 3.48% (100%), Protein: 27.89g (55.79%), Vitamin B12: 27.76µg (462.66%), Manganese: 8.02mg (400.96%), Selenium: 103.85µg (148.35%), Iron: 9.48mg (52.67%), Phosphorus: 481.65mg (48.17%), Vitamin A: 1679.28IU (33.59%), Vitamin B2: 0.51mg (30.17%), Folate: 105.09µg (26.27%), Vitamin B1: 0.39mg (25.9%), Zinc: 3.87mg (25.79%), Vitamin C: 21.14mg (25.62%), Potassium: 874.74mg (24.99%), Magnesium: 91.5mg (22.87%), Vitamin B3: 3.92mg (19.61%), Vitamin B5: 1.26mg (12.59%), Copper: 0.23mg (11.69%), Vitamin B6: 0.2mg (9.88%), Vitamin E: 1.35mg (8.99%), Calcium: 78.11mg (7.81%), Vitamin K: 3.93µg (3.74%), Fiber: 0.63g (2.52%)