



Mussels on the Half Shell with Ravigote Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 2 teaspoons bottled capers rinsed drained chopped
- ☐ 1 teaspoon chervil fresh finely chopped
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 teaspoon chives fresh finely chopped
- ☐ 1 teaspoon flat-leaf parsley fresh finely chopped
- ☐ 1 large hardboiled egg

- ☐ 48 mussels scrubbed (preferably cultivated;)
- ☐ 0.5 cup olive oil
- ☐ 0.5 cup onion finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons white-wine vinegar

Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Cook mussels in wine, covered, in a 5- to 6-quart heavy pot over moderately high heat until mussels just open wide, checking frequently after 4 minutes and transferring open mussels to a shallow baking pan using a slotted spoon. (Discard any mussels that remain unopened after 8 minutes.) When cool enough to handle, detach meat and discard 1 half shell from each mussel. Reserve meat and remaining shells.
- ☐ Peel and halve egg, then force it through a medium-mesh sieve into a bowl using back of a spoon.
- ☐ Whisk in oil, vinegar, onion, capers, mustard, parsley, chervil, chives, salt, and pepper until sauce is combined well.
- ☐ Add mussels, stirring to coat, then chill mussels in sauce, covered, at least 1 hour.
- ☐ Arrange half shells on a large platter and spoon a mussel with some sauce into each shell.
- ☐ • Mussels can be chilled in sauce up to 6 hours. • Mussels on the half shell can be assembled on platter 1 hour before serving and chilled. • Instead of serving on the half shell, you can spoon mussels and some sauce over a bed of romaine (and discard shells).

Nutrition Facts



Properties

Glycemic Index:29.13, Glycemic Load:1.15, Inflammation Score:-3, Nutrition Score:13.495217460653%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

Nutrients (% of daily need)

Calories: 87.53kcal (4.38%), Fat: 4.5g (6.92%), Saturated Fat: 0.79g (4.95%), Carbohydrates: 3.11g (1.04%), Net Carbohydrates: 2.88g (1.05%), Sugar: 0.58g (0.64%), Cholesterol: 37.02mg (12.34%), Sodium: 242.47mg (10.54%), Alcohol: 0.77g (100%), Alcohol %: 1.05% (100%), Protein: 6.78g (13.56%), Vitamin B12: 5.94µg (99.08%), Manganese: 1.7mg (84.92%), Selenium: 24.14µg (34.49%), Iron: 2.12mg (11.77%), Phosphorus: 112.81mg (11.28%), Vitamin B2: 0.14mg (8.24%), Folate: 25.64µg (6.41%), Vitamin B1: 0.09mg (5.93%), Zinc: 0.88mg (5.9%), Vitamin C: 4.8mg (5.82%), Potassium: 189.29mg (5.41%), Magnesium: 19.84mg (4.96%), Vitamin E: 0.73mg (4.88%), Vitamin B3: 0.82mg (4.08%), Vitamin B5: 0.35mg (3.51%), Copper: 0.05mg (2.73%), Vitamin B6: 0.05mg (2.44%), Vitamin A: 119.57IU (2.39%), Vitamin K: 2.42µg (2.3%), Calcium: 20.27mg (2.03%)