



## Mussels Steamed in Beer with Crème Fraîche, Herbs, and Parmesan croutons

 Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



653 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 12 ounce beer white (such as Hoegaarden)
- ☐ 3 tablespoons butter
- ☐ 0.3 cup chervil fresh chopped
- ☐ 0.7 cup crème fraîche
- ☐ 3 tablespoons dijon mustard
- ☐ 0.3 cup chives fresh chopped
- ☐ 0.3 cup tarragon fresh chopped

- ☐ 2 tablespoons thyme sprigs fresh chopped
- ☐ 4 large garlic clove minced
- ☐ 1 cup spring onion chopped ( 4)
- ☐ 5 pounds mussels scrubbed
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.8 cup parsley fresh italian chopped
- ☐ 3 cups tomatoes diced seeded ( 4 large)
- ☐ 1 tablespoon coarse mustard whole
- ☐ 20 bread country-style cut into 3/4-inch cubes

## Equipment

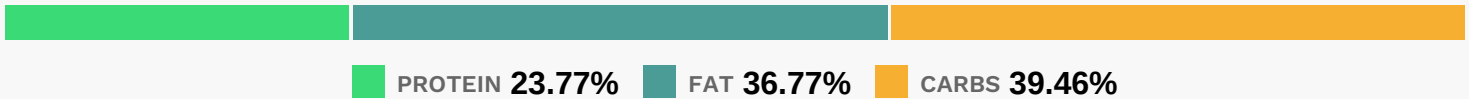
- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ slotted spoon

## Directions

- ☐ Preheat oven to 375°F.
- ☐ Combine breadcubes, Parmesan, and oil in medium bowl;sprinkle with salt and toss to coat.
- ☐ Spreadbread cubes evenly on rimmed bakingsheet.
- ☐ Bake until bread cubes are crisp andgolden around edges, about 15 minutes.
- ☐ Remove from oven and cool.
- ☐ Mix parsley, chives, tarragon, andchervil, if desired, in small bowl.
- ☐ Whiskcrème fraîche and both mustards in anothersmall bowl to blend; set aside.
- ☐ Melt butter in extra-large pot withlid over high heat.
- ☐ Add garlic and thyme;stir 1 minute.
- ☐ Add mussels, tomatoes, andgreen onions.

- ☐ Pour beer over, then addcrème fraîche mixture; sprinkle with freshlyground black pepper. Cover tightly withlid and cook until steam appears, about 3minutes.
- ☐ Add half of fresh herb mixtureand stir until mussels and herbs are gentlymixed. Cover tightly with lid again and cookuntil mussels open, 4 to 5 minutes (discardany mussels that do not open).
- ☐ Using slotted spoon, divide musselsamong 6 bowls. Season mussel juices lightlywith salt and pepper, then pour juices overeach serving.
- ☐ Sprinkle each serving with
- ☐ Parmesan croutons and remaining herbmixture and serve.
- ☐ \* Available at most supermarkets and atspecialty foods stores.
- ☐ Bon Appétit

## Nutrition Facts



## Properties

Glycemic Index:92.53, Glycemic Load:30.26, Inflammation Score:-10, Nutrition Score:47.370000235412%

## Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 16.22mg, Apigenin: 16.22mg, Apigenin: 16.22mg, Apigenin: 16.22mg Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 1.25mg, Myricetin: 1.25mg, Myricetin: 1.25mg, Myricetin: 1.25mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

## Nutrients (% of daily need)

Calories: 653.45kcal (32.67%), Fat: 26.24g (40.36%), Saturated Fat: 9.27g (57.95%), Carbohydrates: 63.35g (21.12%), Net Carbohydrates: 56.92g (20.7%), Sugar: 8.83g (9.81%), Cholesterol: 88.94mg (29.65%), Sodium: 1268.7mg (55.16%), Alcohol: 2.21g (100%), Alcohol %: 0.56% (100%), Protein: 38.16g (76.32%), Manganese: 8.12mg (405.76%), Vitamin B12: 23.29µg (388.09%), Selenium: 120.75µg (172.5%), Vitamin K: 175.66µg (167.3%), Iron: 13.62mg (75.64%), Phosphorus: 621.47mg (62.15%), Vitamin C: 46.1mg (55.88%), Folate: 211.26µg (52.81%), Vitamin B1: 0.78mg (51.98%), Vitamin A: 2451.93IU (49.04%), Vitamin B3: 9.62mg (48.11%), Vitamin B2: 0.81mg (47.69%), Magnesium: 145.59mg (36.4%), Potassium: 1227.52mg (35.07%), Calcium: 334.63mg (33.46%), Zinc: 4.98mg

(33.18%), Fiber: 6.42g (25.69%), Copper: 0.45mg (22.29%), Vitamin B6: 0.42mg (21.04%), Vitamin B5: 2.03mg (20.3%), Vitamin E: 2.79mg (18.59%)