



Mussels Steamed in Tomato Broth with Goat Cheese

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon celery seeds
- ☐ 1.5 tablespoons cooking oil
- ☐ 0.5 cup cooking wine dry white
- ☐ 3 ounces mild goat cheese crumbled
- ☐ 4 pounds mussels scrubbed
- ☐ 1 small onion chopped
- ☐ 1.5 cups sacramento tomato juice

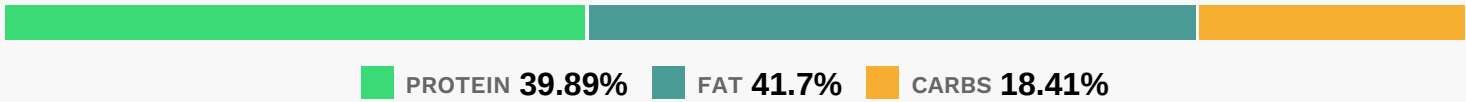
Equipment

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

Directions

- ☐ In a large pot, heat the oil over moderate heat.
- ☐ Add the onion. Cook, stirring occasionally, 3 minutes.
- ☐ Add the tomato juice, wine, and celery seeds; bring to a simmer. Cover; simmer 10 minutes.
- ☐ Discard any mussels that are broken or do not clamp shut when tapped.
- ☐ Add the mussels to the pot. Cover and bring to a boil. Cook, shaking the pot occasionally, just until the mussels open, about 3 minutes.
- ☐ Remove the open mussels. Continue to boil, uncovering the pot as necessary to remove the mussels as soon as their shells open. Discard any that do not. Using a slotted spoon, put the mussels into four bowls.
- ☐ Add the cheese to the broth and whisk over low heat for 1 minute.
- ☐ Pour over the mussels.
- ☐ Wine Recommendation: Sancerre and Pouilly-Fum two white wines from the Loire Valley in France, are great with goat cheese and also have the acidity to make seafood taste even better.

Nutrition Facts



Properties

Glycemic Index:30.83, Glycemic Load:5.84, Inflammation Score:-8, Nutrition Score:33.23869565518%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 2.86mg, Luteolin: 2.86mg, Luteolin: 2.86mg, Luteolin: 2.86mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg

Nutrients (% of daily need)

Calories: 350.05kcal (17.5%), Fat: 15.07g (23.19%), Saturated Fat: 4.49g (28.07%), Carbohydrates: 14.97g (4.99%), Net Carbohydrates: 14.26g (5.19%), Sugar: 4.47g (4.96%), Cholesterol: 74.55mg (24.85%), Sodium: 751.77mg (32.69%), Alcohol: 3.09g (100%), Alcohol %: 0.99% (100%), Protein: 32.44g (64.88%), Vitamin B12: 27.8µg (463.34%), Manganese: 8.04mg (401.82%), Selenium: 104.67µg (149.53%), Iron: 10.22mg (56.78%), Phosphorus: 539.08mg (53.91%), Vitamin C: 36.54mg (44.29%), Vitamin B2: 0.61mg (35.6%), Folate: 121.6µg (30.4%), Vitamin B1: 0.44mg (29.24%), Potassium: 1006.57mg (28.76%), Zinc: 4.13mg (27.5%), Magnesium: 98.48mg (24.62%), Vitamin B3: 4.47mg (22.35%), Copper: 0.44mg (22.09%), Vitamin A: 1000.38IU (20.01%), Vitamin E: 2.53mg (16.86%), Vitamin B5: 1.56mg (15.64%), Vitamin B6: 0.31mg (15.47%), Calcium: 112.38mg (11.24%), Vitamin K: 6.64µg (6.33%), Fiber: 0.71g (2.83%)