



Mussels Steamed with Bacon, Beer, and Fennel

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 ounces bacon thin
- 16 ounce beer canned
- 0.3 teaspoon pepper black freshly ground
- 12 ounce fennel bulb with stalks
- 4 ounces green beans trimmed cut into 1/3-inch pieces (3/4 cup)
- 0.3 teaspoon kosher salt
- 1 tablespoon juice of lemon fresh

- 1.5 pounds mussels scrubbed (40)
- 10 ounce potatoes – remove skin red cut into 1/2-inch pieces (2 cups)

Equipment

- bowl
- frying pan
- dutch oven

Directions

- Trim tough outer leaves from fennel; mince feathery fronds to measure 2 tablespoons.
- Remove and discard stalks.
- Cut fennel bulb in half lengthwise, and discard core. Vertically slice bulb.
- Cook bacon in a large Dutch oven over medium heat for 3 minutes or until crisp, stirring frequently.
- Add fennel bulb, potatoes, salt, and pepper. Cook 10 minutes or until fennel is lightly browned, stirring occasionally. Increase heat to high.
- Add beer, scraping pan to loosen browned bits; bring to a boil. Stir in mussels and green beans; cover and cook 4 minutes or until mussels open. Discard any unopened shells. Stir in juice. Divide mussel mixture evenly among 4 bowls, and spoon broth evenly over mussels.
- Sprinkle each serving with 1 1/2 teaspoons chopped fennel fronds.

Nutrition Facts



Properties

Glycemic Index:53.38, Glycemic Load:5.41, Inflammation Score:-8, Nutrition Score:27.884782574747%

Flavonoids

Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.04mg, Luteolin: 0.04mg,

Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 253.6kcal (12.68%), Fat: 6.51g (10.01%), Saturated Fat: 1.9g (11.88%), Carbohydrates: 27.15g (9.05%), Net Carbohydrates: 22.51g (8.18%), Sugar: 5.28g (5.86%), Cholesterol: 31.31mg (10.44%), Sodium: 527.11mg (22.92%), Alcohol: 4.42g (100%), Alcohol %: 1.4% (100%), Protein: 15.13g (30.25%), Vitamin B12: 10.49µg (174.76%), Manganese: 3.3mg (165.01%), Vitamin K: 67.95µg (64.71%), Selenium: 42.81µg (61.16%), Vitamin C: 28.15mg (34.12%), Potassium: 1069.21mg (30.55%), Phosphorus: 299.11mg (29.91%), Iron: 4.94mg (27.44%), Folate: 89.09µg (22.27%), Vitamin B3: 3.97mg (19.84%), Magnesium: 75.15mg (18.79%), Fiber: 4.65g (18.6%), Vitamin B1: 0.26mg (17.6%), Vitamin B2: 0.3mg (17.56%), Vitamin B6: 0.33mg (16.32%), Zinc: 2mg (13.34%), Copper: 0.26mg (13.24%), Vitamin B5: 1mg (10.05%), Vitamin A: 458.18IU (9.16%), Calcium: 87.74mg (8.77%), Vitamin E: 1.15mg (7.64%)