



Mussels with Bacon, Shallots, and Apple

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



128 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 ounce apple cider
- 0.5 ounce apple cider vinegar
- 4 ounce bacon smoked cut into 1/4-inch lardons
- 1 ounce cooking wine dry white
- 8 servings ground pepper fresh black
- 2 ounce heavy cream
- 1 pound mussels washed and bearded
- 8 servings sea salt

- 2 shallots peeled sliced into thin rings
- 1 small baking apples are apples that have a sweet-tart balance and hold their shape when diced peeled
- 1 thyme branch fresh

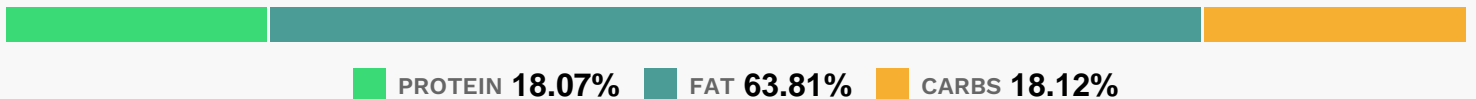
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Cook bacon over a medium high heat in a wide saucepan until rendered and crisp.
- Drain off some of the fat.
- Add shallots and apple. Cook until slightly caramelized.
- Add mussels and stir to coat. Deglaze with white wine, apple cider, and vinegar. Reduce slightly.
- Add cream, thyme, salt, and pepper. Cover and cook until all the mussels are open and the sauce is reduced and slightly thickened.
- Serve in the pan or transfer to a large, wide bowl.
- Serve with toasted country bread.

Nutrition Facts



Properties

Glycemic Index:35.59, Glycemic Load:1.67, Inflammation Score:-3, Nutrition Score:9.1891305446625%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.59mg, Epicatechin: 1.59mg, Epicatechin: 1.59mg, Epicatechin: 1.59mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

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Nutrients (% of daily need)

Calories: 127.54kcal (6.38%), Fat: 8.88g (13.66%), Saturated Fat: 3.65g (22.79%), Carbohydrates: 5.67g (1.89%), Net Carbohydrates: 4.98g (1.81%), Sugar: 3.02g (3.35%), Cholesterol: 25.46mg (8.49%), Sodium: 373.62mg (16.24%), Alcohol: 0.37g (100%), Alcohol %: 0.55% (100%), Protein: 5.66g (11.32%), Vitamin B12: 3.55µg (59.2%), Manganese: 1.04mg (51.81%), Selenium: 16.11µg (23.01%), Phosphorus: 88.6mg (8.86%), Iron: 1.36mg (7.53%), Vitamin B1: 0.09mg (6.32%), Vitamin B2: 0.09mg (5.5%), Vitamin B3: 1.08mg (5.38%), Potassium: 177.65mg (5.08%), Vitamin C: 3.94mg (4.78%), Zinc: 0.69mg (4.59%), Vitamin B6: 0.09mg (4.35%), Magnesium: 15.27mg (3.82%), Folate: 15.22µg (3.81%), Vitamin A: 172.52IU (3.45%), Fiber: 0.7g (2.79%), Vitamin B5: 0.28mg (2.76%), Copper: 0.05mg (2.37%), Vitamin E: 0.32mg (2.15%), Calcium: 18.13mg (1.81%), Vitamin D: 0.17µg (1.13%)