



Mussels with Basil Cream

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.8 cup basil leaves fresh loosely packed
- ☐ 2 garlic cloves finely chopped
- ☐ 0.5 cup heavy cream
- ☐ 2 lb mussels scrubbed (preferably cultivated)
- ☐ 1 small onion finely chopped
- ☐ 2 tablespoons butter unsalted

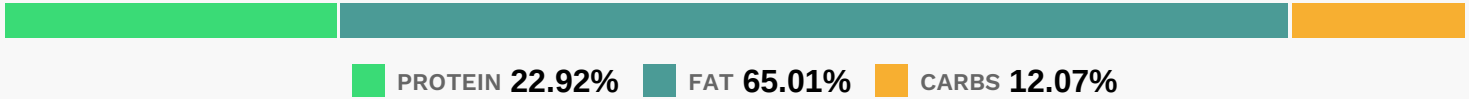
Equipment

- ☐ bowl
- ☐ pot
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Cook onion and garlic in butter in a 5- to 6-quart heavy pot over moderately low heat, stirring, until softened, 3 to 5 minutes.
- ☐ Add wine and mussels and cook, covered, over moderately high heat until mussels just open wide, 6 to 8 minutes. (Discard any mussels that have not opened after 8 minutes.)
- ☐ Transfer mussels with a slotted spoon to a serving bowl, then transfer cooking liquid to a blender along with cream, basil, and pepper and blend until smooth (use caution when blending hot liquids). Season sauce with salt and pour over mussels.

Nutrition Facts



Properties

Glycemic Index:112, Glycemic Load:5.52, Inflammation Score:-9, Nutrition Score:34.224347653596%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.17mg, Quercetin: 7.17mg, Quercetin: 7.17mg, Quercetin: 7.17mg

Nutrients (% of daily need)

Calories: 555.59kcal (27.78%), Fat: 38.13g (58.67%), Saturated Fat: 21.88g (136.78%), Carbohydrates: 15.93g (5.31%), Net Carbohydrates: 15.07g (5.48%), Sugar: 3.67g (4.08%), Cholesterol: 162.11mg (54.04%), Sodium:

683.53mg (29.72%), Alcohol: 4.12g (100%), Alcohol %: 1.33% (100%), Protein: 30.25g (60.5%), Vitamin B12: 27.88µg (464.65%), Manganese: 8.14mg (407.19%), Selenium: 106.24µg (151.77%), Iron: 9.74mg (54.12%), Phosphorus: 520.97mg (52.1%), Vitamin A: 2071.73IU (41.43%), Vitamin K: 41.23µg (39.26%), Vitamin B2: 0.63mg (36.97%), Vitamin C: 24.01mg (29.1%), Folate: 113.26µg (28.32%), Vitamin B1: 0.41mg (27.34%), Zinc: 4.07mg (27.17%), Potassium: 921.55mg (26.33%), Magnesium: 97.54mg (24.38%), Vitamin B3: 3.93mg (19.67%), Vitamin E: 2.23mg (14.86%), Copper: 0.29mg (14.42%), Vitamin B5: 1.42mg (14.25%), Calcium: 136.89mg (13.69%), Vitamin B6: 0.25mg (12.54%), Vitamin D: 1.16µg (7.75%), Fiber: 0.87g (3.46%)