



Mussels with Chorizo and Fennel

READY IN

ready

35 min.

SERVINGS

servings

4

CALORIES

calories

530 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 celery stalks sliced
- ☐ 0.5 cup bottled clam juice
- ☐ 1 loaf top for serving
- ☐ 0.5 fennel bulb sliced
- ☐ 2 cloves garlic sliced
- ☐ 25 mussels cleaned well
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 onion sliced
- ☐ 1 pinch pepper flakes red crushed

- ☐ 2 roma tomatoes diced
- ☐ 2 tablespoons butter unsalted chilled
- ☐ 0.5 cup white wine
- ☐ 0.5 cup portuguese spanish sliced

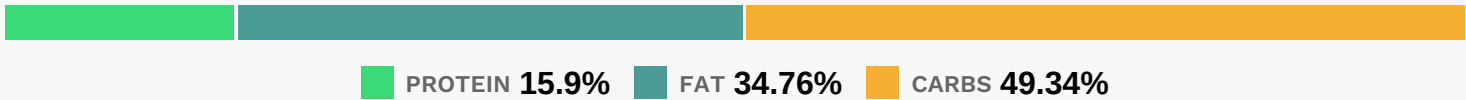
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a large, deep skillet over medium-high heat.
- ☐ Add the olive oil and chorizo and saute for about 2 minutes. Then the celery, garlic, tomatoes, fennel and onions, and saute until tender but not too soft, 5 to 8 minutes.
- ☐ Add the mussels, and saute again until the mussels start to pop open.
- ☐ Add the clam juice and wine and cover the skillet. Steam the mussels until they open, 7 to 10 minutes.
- ☐ Remove any mussels that didn't open, and transfer the rest from the skillet to a serving bowl(s), leaving the liquid behind.
- ☐ Add the butter and simmer until the liquid reduces a bit, about 2 minutes.
- ☐ Pour the liquid over the mussels and serve with a delightful crusty bread.

Nutrition Facts



Properties

Glycemic Index:86.38, Glycemic Load:42.37, Inflammation Score:-8, Nutrition Score:29.187391019386%

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 Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg

0.32mg, Naringenin: 0.32mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 529.81kcal (26.49%), Fat: 19.73g (30.35%), Saturated Fat: 6.61g (41.33%), Carbohydrates: 63g (21%), Net Carbohydrates: 59.1g (21.49%), Sugar: 8.48g (9.43%), Cholesterol: 38.16mg (12.72%), Sodium: 877.04mg (38.13%), Alcohol: 3.09g (100%), Alcohol %: 1.24% (100%), Protein: 20.3g (40.59%), Manganese: 2.44mg (121.97%), Vitamin B12: 6.14µg (102.35%), Selenium: 52.17µg (74.52%), Vitamin B1: 0.82mg (54.92%), Folate: 163.23µg (40.81%), Iron: 6.72mg (37.35%), Vitamin B2: 0.57mg (33.32%), Vitamin B3: 6.15mg (30.73%), Vitamin K: 27.09µg (25.8%), Phosphorus: 244.71mg (24.47%), Vitamin C: 14.86mg (18.02%), Magnesium: 64.35mg (16.09%), Potassium: 555.91mg (15.88%), Fiber: 3.9g (15.61%), Zinc: 2.08mg (13.85%), Vitamin E: 2.05mg (13.66%), Vitamin A: 665.27IU (13.31%), Copper: 0.26mg (12.96%), Vitamin B6: 0.24mg (12.07%), Calcium: 96.27mg (9.63%), Vitamin B5: 0.76mg (7.61%)