



Mussels with Fennel



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



136 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup wine dry white
- ☐ 1.5 cups fennel bulb chopped (2 small bulbs)
- ☐ 1 teaspoon fennel seeds
- ☐ 2 garlic clove minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 pounds mussels scrubbed
- ☐ 29 ounce no salt added diced tomatoes diced undrained canned
- ☐ 2 teaspoons olive oil

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup water

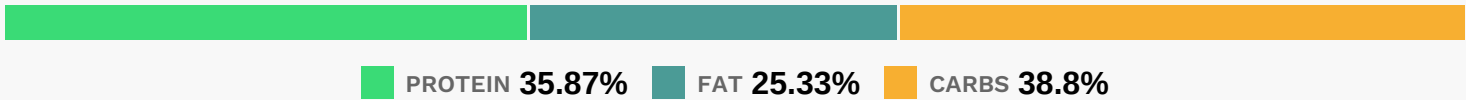
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add fennel, fennel seeds, and garlic; saut 3 minutes. Stir in wine, water, juice, salt, and tomatoes; bring to a boil. Reduce heat, and simmer 10 minutes.
- ☐ Add mussels; cover and cook 6 minutes or until shells open.
- ☐ Remove from heat; discard any unopened shells.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:2.04, Inflammation Score:-6, Nutrition Score:21.646956630375%

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: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 136.48kcal (6.82%), Fat: 3.35g (5.15%), Saturated Fat: 0.56g (3.5%), Carbohydrates: 11.54g (3.85%), Net Carbohydrates: 9.33g (3.39%), Sugar: 4.54g (5.04%), Cholesterol: 21.59mg (7.2%), Sodium: 442.36mg (19.23%), Alcohol: 3.09g (100%), Alcohol %: 1.33% (100%), Protein: 10.67g (21.34%), Vitamin B12: 9.25µg (154.22%), Manganese: 2.84mg (142.18%), Selenium: 35.01µg (50.02%), Vitamin C: 23.84mg (28.9%), Iron: 4.71mg (26.15%), Phosphorus: 197.77mg (19.78%), Potassium: 630.56mg (18.02%), Vitamin K: 18.65µg (17.76%), Vitamin B2: 0.25mg (14.81%), Vitamin B1: 0.19mg (12.88%), Folate: 50.55µg (12.64%), Magnesium: 50.02mg (12.51%), Vitamin B3: 2.41mg

(12.06%), Vitamin B6: 0.23mg (11.61%), Vitamin E: 1.68mg (11.22%), Zinc: 1.53mg (10.23%), Copper: 0.19mg (9.66%),
Fiber: 2.21g (8.85%), Calcium: 82.7mg (8.27%), Vitamin A: 313.68IU (6.27%), Vitamin B5: 0.62mg (6.24%)