



Mussels with Fennel and Lovage

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup celery leaves divided
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 fennel bulb trimmed thinly sliced cut into 1" cubes or
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 4 pounds mussels scrubbed
- ☐ 0.3 cup butter unsalted cut into 1/2" pieces ()
- ☐ 1 cup verjus white (or)

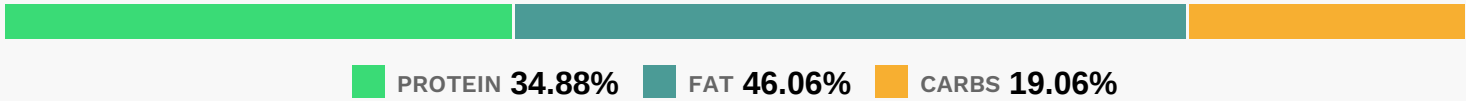
Equipment

- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Heat a large heavy pot over high heat until very hot.
- ☐ Add mussels, fennel, verjus, and wine. Cover and cook, stirring frequently, until mussels fully open (discard any that do not open). Using a slotted spoon, transfer mussels and fennel to a serving platter.
- ☐ Simmer liquid in pot for 1 minute; whisk in butter and 1/2 cup lovage leaves. Season to taste with salt and pepper (and additional vinegar if using grape juice). Spoon over mussels, leaving any sediment behind.
- ☐ Garnish mussels with remaining 1/2 cup lovage leaves and serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.67, Glycemic Load:3.97, Inflammation Score:-7, Nutrition Score:27.23739160403%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 1.12mg, Apigenin: 1.12mg, Apigenin: 1.12mg, Apigenin: 1.12mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 237.61kcal (11.88%), Fat: 11.27g (17.35%), Saturated Fat: 5.57g (34.79%), Carbohydrates: 10.5g (3.5%), Net Carbohydrates: 8.63g (3.14%), Sugar: 2.35g (2.62%), Cholesterol: 63.52mg (21.17%), Sodium: 496.62mg (21.59%), Alcohol: 1.37g (100%), Alcohol %: 0.59% (100%), Protein: 19.21g (38.42%), Vitamin B12: 18.52µg (308.71%), Manganese: 5.49mg (274.33%), Selenium: 69.67µg (99.54%), Iron: 6.58mg (36.57%), Vitamin K: 37.08µg (35.31%), Phosphorus: 340.79mg (34.08%), Potassium: 799.63mg (22.85%), Folate: 89.93µg (22.48%), Vitamin C: 18.24mg (22.11%), Vitamin B2: 0.36mg (21.42%), Zinc: 2.64mg (17.59%), Vitamin B1: 0.26mg (17.35%), Magnesium: 67.09mg (16.77%), Vitamin B3: 2.86mg (14.31%), Vitamin A: 712.97IU (14.26%), Vitamin B5: 0.98mg (9.76%), Copper: 0.19mg

(9.55%), Vitamin E: 1.4mg (9.34%), Calcium: 81.68mg (8.17%), Fiber: 1.87g (7.46%), Vitamin B6: 0.13mg (6.59%)