



## Mussels with Garlic and Breadcrumbs

READY IN



50 min.

SERVINGS



6

CALORIES



206 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 servings pepper black freshly ground
- 1 cup breadcrumbs fresh white (from 3 [1-inch-thick] slices of bread)
- 1 medium garlic clove finely chopped
- 6 servings kosher salt
- 2 pounds mussels scrubbed
- 1 tablespoon parsley fresh italian finely chopped
- 4 tablespoons butter unsalted ()
- 1 tablespoon water

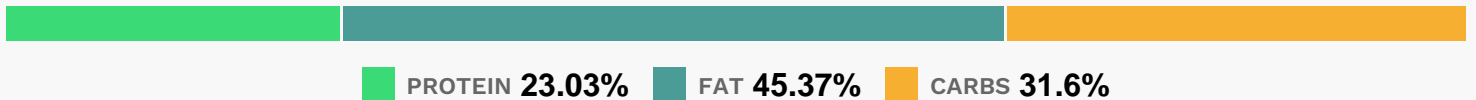
## Equipment

- frying pan
- baking sheet
- oven

## Directions

- Heat the oven to broil and arrange a rack in the top position.
- Place the mussels and water in a large straight-sided frying pan over low heat and cover with a tightfitting lid. Cook, shaking the pan occasionally, until the mussels open, about 15 minutes.
- Remove from the heat, uncover, and set aside to cool slightly, about 5 minutes. Pull apart the mussel shells and discard the meatless side of each, along with any beards (the beard is the thread that runs along the side of the shell; remove it by pulling it toward the hinge of the shell). With your fingers or a teaspoon, carefully detach the meat from each shell, place it back in the shell, and place the mussels on a rimmed baking sheet; set aside. Rinse out and dry the frying pan.
- Place it over medium-low heat, add the butter, and heat until melted.
- Add the breadcrumbs, parsley, and garlic, season with salt and pepper, and stir to combine.
- Remove from the heat. Using a spoon, evenly divide the breadcrumb mixture over the mussels. Broil until golden brown and crunchy, about 1 to 2 minutes.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:24, Glycemic Load:1.49, Inflammation Score:-5, Nutrition Score:19.214782556762%

## Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 205.57kcal (10.28%), Fat: 10.26g (15.79%), Saturated Fat: 5.34g (33.38%), Carbohydrates: 16.08g (5.36%), Net Carbohydrates: 15.21g (5.53%), Sugar: 1.13g (1.26%), Cholesterol: 41.66mg (13.89%), Sodium: 547.72mg (23.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.72g (23.44%), Vitamin B12: 9.33µg (155.54%), Manganese: 2.81mg (140.51%), Selenium: 39.25µg (56.07%), Iron: 3.98mg (22.1%), Vitamin B1: 0.3mg (19.97%), Phosphorus: 185.16mg (18.52%), Vitamin B2: 0.24mg (14.06%), Folate: 52.97µg (13.24%), Vitamin K: 13.02µg (12.4%), Vitamin B3: 2.45mg (12.23%), Zinc: 1.52mg (10.12%), Vitamin C: 7.21mg (8.74%), Magnesium: 34.8mg (8.7%), Potassium: 291.34mg (8.32%), Vitamin A: 413.37IU (8.27%), Copper: 0.12mg (6.21%), Calcium: 57.69mg (5.77%), Vitamin B5: 0.5mg (5.02%), Vitamin E: 0.66mg (4.41%), Fiber: 0.87g (3.47%), Vitamin B6: 0.07mg (3.39%)