



Mussels with Mustard Sauce

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



147 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 lb mussels fresh
- ☐ 1 teaspoon vegetable oil
- ☐ 2 cloves garlic finely chopped
- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 cup chicken broth dry red (from 32-oz carton)
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.5 cup yogurt plain fat free yoplait® (from 2-lb container)
- ☐ 2 tablespoons dijon mustard

- ☐ 1 tablespoon cream sour reduced-fat
- ☐ 1 teaspoon honey

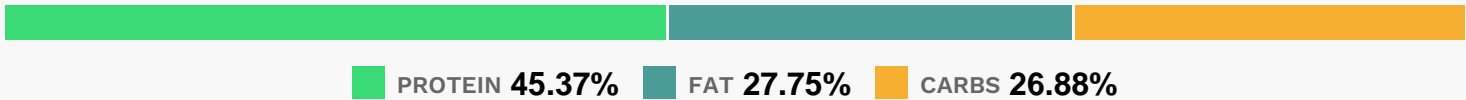
Equipment

- ☐ sauce pan
- ☐ knife
- ☐ kitchen towels
- ☐ dutch oven

Directions

- ☐ To clean mussels, discard any broken-shell or open (dead) mussels. Scrub remaining mussels in cold water, removing any barnicles with a dull paring knife. Pull beard by giving it a tug (using a kitchen towel may help). If you have trouble removing it, use a pliers to grip and pull gently.
- ☐ Place mussels in large container. Cover with cool water. Agitate water with hand, then drain and discard water. Repeat several times until water runs clear; drain.
- ☐ In 4-quart nonstick Dutch oven, heat oil over medium heat. Cook garlic and pepper in oil, stirring frequently, until garlic is softened. Stir in wine; heat to boiling. Stir in mussels and parsley. Cover and heat to boiling; reduce heat. Simmer 5 to 10 minutes or until mussel shells have opened. Stir to coat with liquid. Discard any mussels that do not open.
- ☐ In 1-quart saucepan, heat all sauce ingredients over low heat, stirring occasionally, just until hot (do not boil).
- ☐ Serve with mussels.

Nutrition Facts



Properties

Glycemic Index:57.07, Glycemic Load:3.12, Inflammation Score:-6, Nutrition Score:24.746956484797%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 146.52kcal (7.33%), Fat: 4.45g (6.85%), Saturated Fat: 0.93g (5.81%), Carbohydrates: 9.7g (3.23%), Net Carbohydrates: 9.15g (3.33%), Sugar: 4.08g (4.53%), Cholesterol: 34.64mg (11.55%), Sodium: 550.83mg (23.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.37g (32.74%), Vitamin B12: 14.09µg (234.75%), Manganese: 4.04mg (202.17%), Selenium: 55.92µg (79.89%), Vitamin K: 64.31µg (61.25%), Phosphorus: 292.28mg (29.23%), Iron: 5.03mg (27.93%), Vitamin B2: 0.35mg (20.4%), Vitamin C: 15.05mg (18.24%), Zinc: 2.3mg (15.3%), Vitamin B1: 0.23mg (15.19%), Folate: 58.93µg (14.73%), Potassium: 502.15mg (14.35%), Magnesium: 52.05mg (13.01%), Calcium: 110.25mg (11.02%), Vitamin A: 520.36IU (10.41%), Vitamin B3: 2.06mg (10.31%), Vitamin B5: 0.83mg (8.28%), Copper: 0.14mg (6.89%), Vitamin E: 0.81mg (5.38%), Vitamin B6: 0.1mg (5.15%), Fiber: 0.54g (2.18%)