



Mussels with Parsley and Garlic

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup parsley fresh
- ☐ 3 garlic clove coarsely chopped
- ☐ 2 lb mussels cleaned (preferably cultivated)
- ☐ 0.3 teaspoon salt
- ☐ 0.5 stick butter unsalted cut into pieces

Equipment

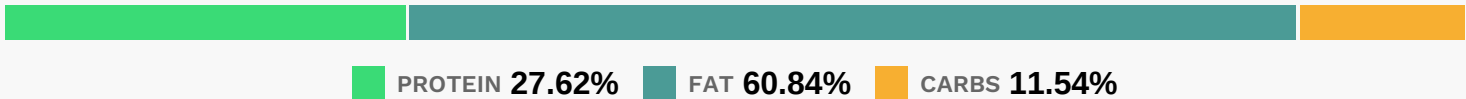
- ☐ food processor

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 450°F.
- ☐ Spread mussels in a 13- by 9-inch baking dish. Blend all remaining ingredients to a paste in a food processor. Spoon mixture over mussels. Cover tightly with foil and bake in middle of oven until all mussels are open, 12 to 15 minutes. (Discard any unopened mussels.)

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:2.5, Inflammation Score:-9, Nutrition Score:27.576956619387%

Flavonoids

Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 209.82kcal (10.49%), Fat: 14.18g (21.82%), Saturated Fat: 7.77g (48.57%), Carbohydrates: 6.05g (2.02%), Net Carbohydrates: 5.48g (1.99%), Sugar: 0.16g (0.18%), Cholesterol: 62.76mg (20.92%), Sodium: 486.51mg (21.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.49g (28.97%), Vitamin K: 247.35µg (235.57%), Vitamin B12: 13.9µg (231.73%), Manganese: 4.01mg (200.56%), Selenium: 52.3µg (74.72%), Vitamin C: 29.91mg (36.25%), Vitamin A: 1802.54IU (36.05%), Iron: 5.55mg (30.85%), Phosphorus: 243.59mg (24.36%), Folate: 71.89µg (17.97%), Vitamin B2: 0.27mg (15.59%), Zinc: 2.05mg (13.68%), Vitamin B1: 0.2mg (13.55%), Potassium: 467.34mg (13.35%), Magnesium: 47.89mg (11.97%), Vitamin B3: 2.07mg (10.35%), Vitamin E: 1.08mg (7.2%), Copper: 0.14mg (7.09%), Vitamin B5: 0.67mg (6.69%), Calcium: 58.88mg (5.89%), Vitamin B6: 0.1mg (5%), Fiber: 0.57g (2.3%), Vitamin D: 0.21µg (1.41%)