



Mussels with Pernod and Cream



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



627 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 cups wine dry white
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 1.3 cups leek white green sliced (and pale parts only)
- ☐ 2 pounds mussels scrubbed
- ☐ 3 tablespoons pernod
- ☐ 0.3 cup bell pepper diced red
- ☐ 0.5 cup whipping cream

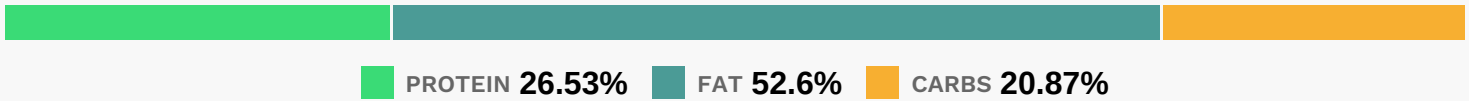
Equipment

- ☐ bowl
- ☐ pot
- ☐ tongs

Directions

- ☐ Combine sliced leeks, dry white wine and red bell pepper in large pot.
- ☐ Add mussels. Bring to boil over high heat. Cover pot and cook until mussels open, about 5 minutes. Using tongs, transfer mussels to medium bowl (discard any mussels that do not open).
- ☐ Add whipping cream and Pernod to pot; boil until liquid is slightly reduced, about 4 minutes.
- ☐ Mix in chopped parsley. Return mussels and any accumulated juices to pot. Simmer until mussels are warmed through, about 1 minute; season with salt and pepper.
- ☐ Serve mussels with broth.

Nutrition Facts



Properties

Glycemic Index:80.5, Glycemic Load:7.5, Inflammation Score:-10, Nutrition Score:42.221304375192%

Flavonoids

Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 626.62kcal (31.33%), Fat: 26.94g (41.45%), Saturated Fat: 14.71g (91.94%), Carbohydrates: 24.05g (8.02%), Net Carbohydrates: 22.4g (8.14%), Sugar: 6.32g (7.03%), Cholesterol: 132.01mg (44%), Sodium: 701.37mg (30.49%), Alcohol: 23.98g (100%), Alcohol %: 5.55% (100%), Protein: 30.58g (61.15%), Vitamin B12: 27.86µg (464.25%), Manganese: 8.36mg (418.06%), Selenium: 106.19µg (151.7%), Vitamin K: 129.93µg (123.75%), Vitamin C: 57.8mg (70.06%), Vitamin A: 3322.46IU (66.45%), Iron: 11.31mg (62.83%), Phosphorus: 547.22mg (54.72%), Folate: 156.7µg

(39.18%), Vitamin B2: 0.66mg (38.86%), Potassium: 1083.08mg (30.95%), Magnesium: 119.67mg (29.92%), Vitamin B1: 0.44mg (29.45%), Zinc: 4.22mg (28.1%), Vitamin B3: 4.4mg (22.01%), Vitamin B6: 0.41mg (20.48%), Vitamin E: 2.7mg (18.03%), Copper: 0.32mg (15.9%), Calcium: 157.51mg (15.75%), Vitamin B5: 1.54mg (15.42%), Fiber: 1.66g (6.63%), Vitamin D: 0.95µg (6.35%)