



 **100%**
HEALTH SCORE

Mussels With Potatoes and Olives

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



40 min.

SERVINGS



4

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pinch allspice
- 14.5 ounce canned tomatoes diced canned
- 1 pinch cayenne pepper
- 0.5 cup parsley fresh roughly chopped
- 4 cloves garlic sliced
- 0.7 cup olives green pitted halved
- 4 servings kosher salt
- 2.3 pounds mussels scrubbed

- 2 tablespoons olive oil extra-virgin
- 1 medium onion sliced
- 0.5 teaspoon paprika
- 2 large yukon gold potatoes cut into 1-inch chunks

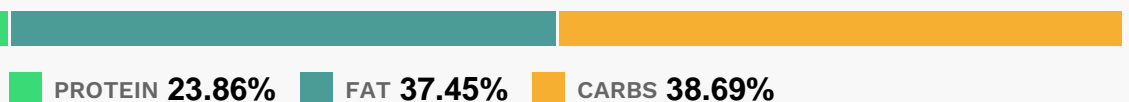
Equipment

- bowl
- pot
- plastic wrap
- microwave
- dutch oven

Directions

- Put the potatoes in a large microwave-safe bowl and cover with water by about 1/4 inch. Cover with plastic wrap and microwave until just tender, about 6 minutes; drain.
- Meanwhile, heat the olive oil in a large Dutch oven or wide pot over medium-high heat.
- Add the onion and garlic and cook until soft and golden brown, 5 to 6 minutes.
- Add the potatoes, paprika, allspice, cayenne and 1 1/2 teaspoons salt; stir until the potatoes are coated with the spices and begin to soften, 2 to 3 minutes. Stir in 1 cup water and the tomatoes, scraping up any browned bits from the bottom of the pot. Bring to a simmer, cover and cook until the potatoes are tender, about 10 minutes.
- Stir in the mussels, olives and parsley. Cover and cook until the mussels open, 4 to 5 minutes. (Discard any that do not open.)
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:80.69, Glycemic Load:16.31, Inflammation Score:-9, Nutrition Score:36.784782741381%

Flavonoids

Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

Nutrients (% of daily need)

Calories: 323.83kcal (16.19%), Fat: 13.86g (21.33%), Saturated Fat: 2.07g (12.94%), Carbohydrates: 32.23g (10.74%), Net Carbohydrates: 26.78g (9.74%), Sugar: 6.59g (7.33%), Cholesterol: 36.43mg (12.14%), Sodium: 1063.86mg (46.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.88g (39.75%), Vitamin B12: 15.61µg (260.25%), Manganese: 4.85mg (242.32%), Vitamin K: 135.1µg (128.67%), Selenium: 59.96µg (85.66%), Vitamin C: 49.6mg (60.12%), Iron: 7.92mg (44.01%), Phosphorus: 356.41mg (35.64%), Potassium: 1185.37mg (33.87%), Vitamin B6: 0.56mg (28%), Vitamin E: 4.02mg (26.79%), Vitamin A: 1285.7IU (25.71%), Vitamin B1: 0.38mg (25.6%), Folate: 99.17µg (24.79%), Magnesium: 94.63mg (23.66%), Copper: 0.46mg (23.12%), Vitamin B3: 4.47mg (22.33%), Vitamin B2: 0.38mg (22.17%), Fiber: 5.45g (21.79%), Zinc: 2.79mg (18.59%), Vitamin B5: 1.28mg (12.81%), Calcium: 113.91mg (11.39%)