



Mussels with red onion, cider & crème fraîche

 Gluten Free

READY IN



25 min.

SERVINGS



2

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 kg rope-grown mussel
- ☐ 25 g butter unsalted
- ☐ 2 small onions red thinly sliced
- ☐ 1 garlic clove chopped
- ☐ 150 ml cider dry
- ☐ 2 tsp sage finely chopped
- ☐ 150 ml half-fat crème fraîche

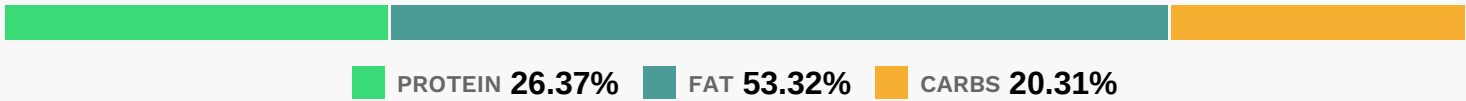
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Prepare the mussels. Scrub them to remove any barnacles and pull away the beard, then discard any that are damaged or wont close when tapped.
- ☐ Melt the butter in a large pan and cook the onions for 3–4 mins, then add the garlic.
- ☐ Pour the cider over and sprinkle in the sage, then bring to the boil. Turn the heat down to a simmer and cook until reduced by half.
- ☐ Add the mussels, cover and cook over a medium heat (shaking the pan occasionally) for 3–4 mins until they have opened. Lift the mussels into a bowl and keep warm.
- ☐ Bubble the cooking liquid in the pan for 2 mins, then carefully blend in the crme frache.
- ☐ Heat through and pour over the mussels to serve.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:7.11, Inflammation Score:-9, Nutrition Score:37.843912933184%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 22.36mg, Quercetin: 22.36mg, Quercetin: 22.36mg, Quercetin: 22.36mg

Nutrients (% of daily need)

Calories: 533.11kcal (26.66%), Fat: 30.21g (46.48%), Saturated Fat: 14.97g (93.58%), Carbohydrates: 25.89g (8.63%), Net Carbohydrates: 23.84g (8.67%), Sugar: 9.16g (10.17%), Cholesterol: 141.29mg (47.1%), Sodium: 761.02mg (33.09%), Alcohol: 3.74g (100%), Alcohol %: 0.89% (100%), Protein: 33.62g (67.24%), Vitamin B12: 30.77µg (512.91%), Manganese: 9.04mg (452.23%), Copper: 6.36mg (318.24%), Selenium: 117.83µg (168.32%), Phosphorus: 595.7mg (59.57%), Iron: 10.61mg (58.92%), Vitamin B2: 0.7mg (40.94%), Vitamin C: 29.66mg (35.96%), Folate: 132.79µg (33.2%), Vitamin B1: 0.48mg (32.18%), Potassium: 1085.28mg (31.01%), Zinc: 4.57mg (30.49%), Magnesium: 109.02mg (27.25%), Vitamin A: 1176.95IU (23.54%), Vitamin B3: 4.29mg (21.46%), Calcium:

184.07mg (18.41%), Vitamin B5: 1.68mg (16.78%), Vitamin B6: 0.31mg (15.42%), Vitamin E: 1.99mg (13.29%), Fiber: 2.04g (8.18%), Vitamin K: 2.69µg (2.56%), Vitamin D: 0.19µg (1.25%)