



Mussels with Roasted Potatoes



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



645 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup wine dry white
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 3 garlic clove minced
- ☐ 0.5 tablespoon kosher salt
- ☐ 2 pounds mussels scrubbed well (preferably cultivated)
- ☐ 6 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.3 teaspoon pepper dried red hot
- ☐ 4 large baking potatoes (baking) (2 pounds total)

- ☐ 0.3 cup shallots finely chopped
- ☐ 0.8 cup water

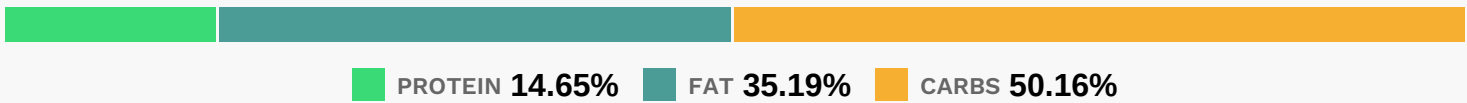
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 450°F.
- ☐ Halve potatoes lengthwise and trim a 1/4-inch-thick slice from side opposite cut side of each potato half to form 8 flat slabs (1/2 to 3/4 inch thick). Discard trimmings, then coat potato slabs with 2 tablespoons oil and sprinkle with all of salt. Arrange in 1 layer in a large shallow baking pan (1 inch deep) and roast in middle of oven, turning over once halfway through roasting, until golden brown and tender, 25 to 30 minutes total.
- ☐ Shortly before potatoes are done, cook shallot, garlic, and red pepper flakes in 2 tablespoons oil in a deep 12-inch heavy skillet over moderate heat, stirring, until softened, about 3 minutes.
- ☐ Add wine and water and bring to a simmer.
- ☐ Add mussels and cook, covered, over moderately high heat until they just open wide, checking frequently after 3 minutes and transferring opened mussels to a bowl. Discard any mussels that remain unopened after 6 minutes.
- ☐ Whisk parsley and remaining 2 tablespoons oil into mussel broth and season with salt and pepper.
- ☐ Divide potatoes among 4 shallow bowls and top with mussels and broth.

Nutrition Facts



Properties

Glycemic Index:60.44, Glycemic Load:55.86, Inflammation Score:-8, Nutrition Score:38.820869818978%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 644.8kcal (32.24%), Fat: 23.96g (36.86%), Saturated Fat: 3.5g (21.86%), Carbohydrates: 76.82g (25.61%), Net Carbohydrates: 71.2g (25.89%), Sugar: 4.47g (4.97%), Cholesterol: 32.39mg (10.8%), Sodium: 1233.43mg (53.63%), Alcohol: 6.18g (100%), Alcohol %: 1.23% (100%), Protein: 22.44g (44.89%), Manganese: 4.69mg (234.33%), Vitamin B12: 13.88µg (231.33%), Selenium: 53.94µg (77.06%), Vitamin B6: 1.46mg (73.11%), Vitamin K: 69.17µg (65.87%), Potassium: 2045.78mg (58.45%), Iron: 8.51mg (47.29%), Phosphorus: 459mg (45.9%), Vitamin C: 36.56mg (44.31%), Magnesium: 137.05mg (34.26%), Vitamin B1: 0.51mg (33.99%), Vitamin B3: 5.84mg (29.22%), Folate: 112.21µg (28.05%), Copper: 0.53mg (26.44%), Vitamin E: 3.78mg (25.18%), Vitamin B2: 0.38mg (22.6%), Fiber: 5.62g (22.47%), Zinc: 3.14mg (20.95%), Vitamin B5: 1.8mg (18%), Calcium: 101.44mg (10.14%), Vitamin A: 479.53IU (9.59%)