



Mussels with Saffron Mayonnaise



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



5

CALORIES



278 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup cooking wine dry white
- ☐ 5 servings kosher salt and pepper black freshly ground
- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.7 cup mayonnaise such as hellmann's good
- ☐ 1.5 pounds mussels cleaned
- ☐ 0.5 teaspoon saffron threads

☐ 0.8 teaspoon sea salt

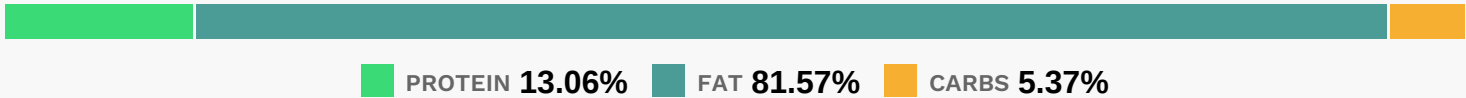
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ For the mayonnaise, soak the saffron in 1 tablespoon of hot water in a small bowl for 5 minutes.
- ☐ Whisk in the mayonnaise, lemon zest, lemon juice, mustard, 1/2 teaspoon kosher salt, and 1/4 teaspoon pepper and refrigerate until ready to use.
- ☐ For the mussels, combine the fleur de sel and 1/2 teaspoon pepper and set aside.
- ☐ Heat a large, dry (12-inch) cast iron skillet over high heat for 4 to 5 minutes, until very hot.
- ☐ Add the mussels in a single layer and cook them for one minute, until they start to open.
- ☐ Add the wine and continue cooking for 2 to 3 minutes, until the mussels are fully opened and just cooked. (Discard any that don't open.) Off the heat, sprinkle the mussels generously with the salt and pepper mixture.
- ☐ Serve hot from the skillet with individual bowls of saffron mayonnaise for dipping.

Nutrition Facts



Properties

Glycemic Index:49.8, Glycemic Load:1.45, Inflammation Score:-4, Nutrition Score:17.807391265164%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg

Naringenin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 277.64kcal (13.88%), Fat: 23.94g (36.83%), Saturated Fat: 3.79g (23.72%), Carbohydrates: 3.54g (1.18%), Net Carbohydrates: 3.42g (1.24%), Sugar: 0.43g (0.48%), Cholesterol: 31.98mg (10.66%), Sodium: 748.85mg (32.56%), Alcohol: 1.65g (100%), Alcohol %: 1.73% (100%), Protein: 8.63g (17.25%), Vitamin B12: 8.36µg (139.4%), Manganese: 2.4mg (120.07%), Vitamin K: 48.99µg (46.66%), Selenium: 32.15µg (45.92%), Iron: 2.88mg (16.01%), Phosphorus: 147.42mg (14.74%), Vitamin E: 1.37mg (9.14%), Vitamin B2: 0.16mg (9.14%), Vitamin C: 7.24mg (8.78%), Zinc: 1.19mg (7.9%), Folate: 31.55µg (7.89%), Vitamin B1: 0.12mg (7.85%), Potassium: 246.22mg (7.03%), Magnesium: 26.42mg (6.61%), Vitamin B3: 1.14mg (5.69%), Vitamin B5: 0.42mg (4.15%), Copper: 0.07mg (3.74%), Vitamin A: 132.14IU (2.64%), Vitamin B6: 0.05mg (2.41%), Calcium: 23.89mg (2.39%)