

Mussels with Salsa Verde

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



72

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon celery minced
- ☐ 1 cup cooking wine dry white
- ☐ 2 tablespoons chives fresh minced
- ☐ 1 tablespoon cilantro leaves fresh minced
- ☐ 1 tablespoon parsley fresh minced
- ☐ 1 optional: lemon sliced
- ☐ 1 slices garnish: lemon
- ☐ 0.3 teaspoon juice of lemon fresh

- ☐ 0.3 cup mayonnaise
- ☐ 4 pounds mussels cleaned
- ☐ 1 tablespoon oregano fresh minced
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 cup water

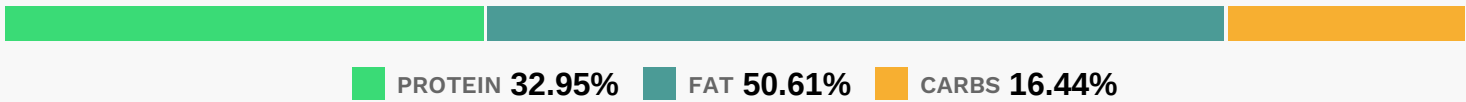
Equipment

- ☐ bowl

Directions

- ☐ Bring first 3 ingredients to a boil; add mussels. Cover and cook 5 minutes; stir gently, and cook 5 more minutes or until mussels open.
- ☐ Remove from heat; drain and let cool. Discard any mussels that remain closed. Detach mussels from shells, reserving shells.
- ☐ Combine mayonnaise and next 7 ingredients in a small bowl.
- ☐ Place each mussel in a shell; spoon 1 teaspoon Salsa Verde over each mussel.
- ☐ Place mussels on a platter, and garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:4.78, Glycemic Load:0.28, Inflammation Score:-1, Nutrition Score:3.5586956471367%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 21.59kcal (1.08%), Fat: 1.07g (1.65%), Saturated Fat: 0.18g (1.11%), Carbohydrates: 0.78g (0.26%), Net Carbohydrates: 0.7g (0.25%), Sugar: 0.08g (0.09%), Cholesterol: 4.03mg (1.34%), Sodium: 43.85mg (1.91%), Alcohol: 0.34g (100%), Alcohol %: 1.94% (100%), Protein: 1.57g (3.14%), Vitamin B12: 1.54µg (25.72%), Manganese: 0.45mg (22.36%), Selenium: 5.8µg (8.28%), Vitamin K: 3.31µg (3.15%), Iron: 0.56mg (3.11%), Phosphorus: 26.63mg (2.66%), Vitamin C: 2.01mg (2.44%), Vitamin B2: 0.03mg (1.68%), Folate: 6.04µg (1.51%), Vitamin B1: 0.02mg (1.45%), Zinc: 0.22mg (1.44%), Potassium: 47.85mg (1.37%), Magnesium: 5.16mg (1.29%), Vitamin B3: 0.22mg (1.08%)