



HEALTH SCORE

81%

Mussels with Sherry, Saffron, and Paprika



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce frangelico diced canned (preferably fire-roasted)
- ☐ 0.8 cup sherry dry
- ☐ 3 garlic clove chopped
- ☐ 36 mussels scrubbed
- ☐ 3 tablespoons olive oil
- ☐ 0.8 teaspoon paprika
- ☐ 0.5 cup parsley fresh italian chopped
- ☐ 0.5 teaspoon saffron threads crumbled

☐ 1 cup shallots sliced (4 to 5 large)

Equipment

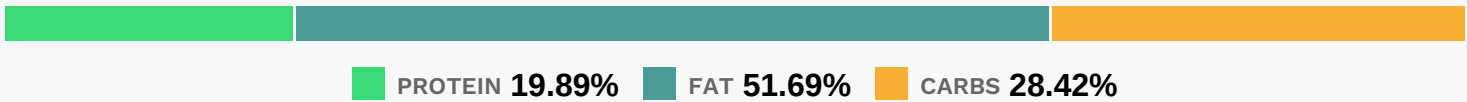
☐ bowl

☐ pot

Directions

- ☐ Heat oil in large pot over medium heat.
- ☐ Add shallots and garlic; sauté until tender, about 5 minutes.
- ☐ Add Sherry, tomatoes with juice, paprika, and saffron; sprinkle with salt and generous amount of pepper. Bring to boil. Reduce heat to medium; boil gently 3 minutes to blend flavors.
- ☐ Add mussels and half of parsley; cover and cook until mussels open, about 3 minutes (discard any mussels that do not open). Stir in remaining parsley. Divide mussels and juices among bowls and serve.
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:60.5, Glycemic Load:4.24, Inflammation Score:-9, Nutrition Score:25.123478267504%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 242.61kcal (12.13%), Fat: 12.32g (18.96%), Saturated Fat: 1.79g (11.2%), Carbohydrates: 15.25g (5.08%), Net Carbohydrates: 12.93g (4.7%), Sugar: 5.21g (5.79%), Cholesterol: 20.56mg (6.85%), Sodium: 224.45mg (9.76%), Alcohol: 4.64g (100%), Alcohol %: 1.95% (100%), Protein: 10.67g (21.34%), Vitamin B12: 8.81µg (146.88%), Manganese: 2.78mg (139.07%), Vitamin K: 130.39µg (124.18%), Selenium: 34.01µg (48.58%), Vitamin C: 21.3mg (25.82%), Iron: 4.37mg (24.3%), Phosphorus: 197.27mg (19.73%), Vitamin A: 936.64IU (18.73%), Folate: 63.07µg (15.77%), Vitamin B6: 0.31mg (15.3%), Potassium: 523.95mg (14.97%), Vitamin E: 2.11mg (14.05%), Magnesium: 46.9mg (11.73%), Vitamin B1: 0.17mg (11.16%), Vitamin B2: 0.19mg (11.02%), Zinc: 1.59mg (10.59%), Fiber: 2.32g (9.28%), Vitamin B3: 1.49mg (7.47%), Copper: 0.14mg (7.18%), Vitamin B5: 0.61mg (6.12%), Calcium: 60.43mg (6.04%)