



WHATSheATE



Mussels with Tarragon Celery Vinaigrette



Gluten Free



Dairy Free

READY IN



4500 min.

SERVINGS



10

CALORIES



119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup celery finely chopped
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 tablespoons tarragon fresh chopped
- ☐ 2 large hardboiled eggs
- ☐ 2 lb mussels scrubbed well (35 to 45; preferably cultivated)
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 cup pickled cocktail onions trimmed finely chopped

- ☐ 0.3 teaspoon salt
- ☐ 10 servings garnish: seaweed
- ☐ 2 tablespoons white-wine vinegar

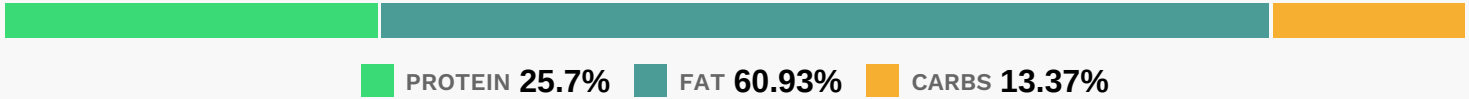
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ ziploc bags
- ☐ slotted spoon

Directions

- ☐ Cook mussels in wine in a 4- to 6-quart pot over moderately high heat, covered, until mussels just open wide, checking frequently after 4 minutes and transferring opened mussels to a large bowl using a slotted spoon. (Discard any unopened mussels after 8 minutes.)
- ☐ Pour cooking liquid through a fine-mesh sieve into a 1- to 2-quart heavy saucepan and boil until reduced to about 3 tablespoons, about 5 minutes.
- ☐ Transfer to a bowl.
- ☐ Finely chop eggs, then add to reduced liquid along with vinegar, salt, and pepper.
- ☐ Add oil in a slow stream, whisking, then whisk in celery, onions, and tarragon. Season vinaigrette with salt and pepper.
- ☐ Remove mussels from shells and reserve 1 half shell from each mussel. Stir mussels (but not shells) into vinaigrette and marinate, covered and chilled, at least 1 hour. Rinse and dry reserved mussel shells, then chill in a sealed plastic bag until ready to use.
- ☐ Arrange shells on a large platter lined with seaweed and spoon a mussel with some vinaigrette into each.
- ☐ *Available at seafood shops by special request.
- ☐ Mussels can be marinated up to 1 day.*Available at seafood shops by special request.

Nutrition Facts



Properties

Glycemic Index:22.6, Glycemic Load:1.5, Inflammation Score:-4, Nutrition Score:14.382173688515%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 118.75kcal (5.94%), Fat: 7.62g (11.73%), Saturated Fat: 1.3g (8.15%), Carbohydrates: 3.76g (1.25%), Net Carbohydrates: 3.42g (1.24%), Sugar: 0.6g (0.67%), Cholesterol: 50.25mg (16.75%), Sodium: 211.18mg (9.18%), Alcohol: 0.82g (100%), Alcohol %: 1.18% (100%), Protein: 7.23g (14.47%), Vitamin B12: 5.66µg (94.38%), Manganese: 1.72mg (86.1%), Selenium: 23.95µg (34.21%), Iron: 2.52mg (14.03%), Phosphorus: 118.44mg (11.84%), Vitamin B2: 0.17mg (10.3%), Folate: 32.89µg (8.22%), Vitamin E: 1.16mg (7.73%), Potassium: 236.21mg (6.75%), Vitamin C: 5.19mg (6.3%), Magnesium: 25.16mg (6.29%), Zinc: 0.94mg (6.29%), Vitamin B1: 0.09mg (5.99%), Vitamin K: 5.61µg (5.35%), Vitamin B3: 0.91mg (4.56%), Vitamin B6: 0.09mg (4.32%), Vitamin A: 209.09IU (4.18%), Vitamin B5: 0.4mg (4.04%), Calcium: 39.73mg (3.97%), Copper: 0.06mg (3.09%), Vitamin D: 0.22µg (1.47%), Fiber: 0.35g (1.38%)