



Mussels with Tomato Broth



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cooking wine dry white
- ☐ 3 garlic cloves finely chopped
- ☐ 4 pounds mussels scrubbed (preferably cultivated)
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.3 teaspoon pepper flakes dried red hot
- ☐ 1 cup tomato sauce

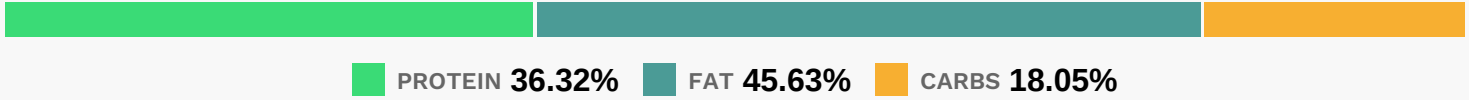
Equipment

- ☐ pot

Directions

- ☐
- Cook garlic and red pepper flakes (if using) in oil in a 6- to 8-quart heavy pot over moderately low heat, stirring, until garlic is pale golden, 1 to 2 minutes.
- ☐
- Add wine and boil over high heat 2 minutes.
- ☐
- Add tomato sauce and mussels and cook over moderately high heat, covered, stirring occasionally, until mussels just open wide, 6 to 8 minutes. (Discard any mussels that are unopened after 8 minutes.)
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:5.76, Inflammation Score:-8, Nutrition Score:31.097826045492%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 359.37kcal (17.97%), Fat: 15.89g (24.45%), Saturated Fat: 2.46g (15.39%), Carbohydrates: 14.16g (4.72%), Net Carbohydrates: 13.15g (4.78%), Sugar: 2.79g (3.1%), Cholesterol: 64.77mg (21.59%), Sodium: 957.58mg (41.63%), Alcohol: 6.18g (100%), Alcohol %: 2.14% (100%), Protein: 28.47g (56.93%), Vitamin B12: 27.76µg (462.66%), Manganese: 8.04mg (402.04%), Selenium: 104.41µg (149.16%), Iron: 10.01mg (55.59%), Phosphorus: 486.88mg (48.69%), Vitamin B2: 0.54mg (31.66%), Vitamin C: 23.5mg (28.48%), Potassium: 976.34mg (27.9%), Zinc: 3.94mg (26.26%), Vitamin B1: 0.39mg (26.18%), Folate: 103.37µg (25.84%), Vitamin E: 3.72mg (24.77%), Magnesium: 94.59mg (23.65%), Vitamin B3: 4.4mg (22.02%), Copper: 0.3mg (14.91%), Vitamin B5: 1.39mg (13.87%), Vitamin A: 672.61IU (13.45%), Vitamin B6: 0.24mg (11.81%), Vitamin K: 8.68µg (8.26%), Calcium: 78.71mg (7.87%), Fiber: 1.01g (4.04%)