



Mussels with Tomatoes, Wine, and Anise



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 fillet anchovy chopped
- ☐ 0.5 cup tomato sauce canned
- ☐ 6 tablespoons anise-flavored liqueur (such as Pernod, pastis, or ouzo)
- ☐ 0.3 cup cooking wine dry white
- ☐ 3 garlic cloves chopped
- ☐ 2 pounds mussels scrubbed
- ☐ 4 tablespoons olive oil divided
- ☐ 1.5 cups onion chopped

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4 tablespoons parsley fresh italian divided chopped

Equipment

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bowl

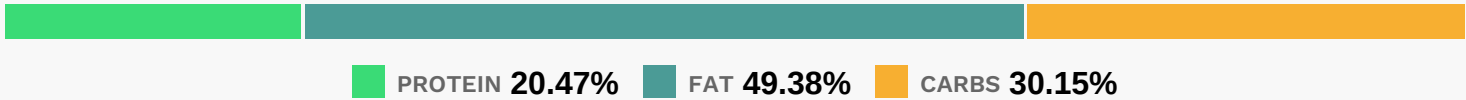
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pot

Directions

- ☐ Heat 2 tablespoons oil in heavy large pot over medium-high heat.
- ☐ Add onion and sauté until tender, about 4 minutes.
- ☐ Add mussels, 2 tablespoons parsley, anchovies, and garlic, then liqueur; stir to blend. Boil 1 minute.
- ☐ Add tomato sauce and wine. Cover and cook until mussels open, about 6 minutes (discard any mussels that do not open). Season sauce to taste with salt and pepper. Divide mussels and sauce among 4 shallow bowls.
- ☐ Drizzle mussels with remaining 2 tablespoons oil and sprinkle with remaining 2 tablespoons parsley.

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:4.2, Inflammation Score:-8, Nutrition Score:26.896087107451%

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: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 12.24mg, Quercetin: 12.24mg, Quercetin: 12.24mg, Quercetin: 12.24mg

Nutrients (% of daily need)

Calories: 354.09kcal (17.7%), Fat: 17.05g (26.23%), Saturated Fat: 2.54g (15.89%), Carbohydrates: 23.42g (7.81%), Net Carbohydrates: 21.76g (7.91%), Sugar: 14.36g (15.96%), Cholesterol: 34.79mg (11.6%), Sodium: 487.98mg (21.22%), Alcohol: 6.43g (100%), Alcohol %: 3.04% (100%), Protein: 15.9g (31.8%), Vitamin B12: 13.9µg (231.75%), Manganese: 4.11mg (205.36%), Selenium: 54.1µg (77.29%), Vitamin K: 75.34µg (71.76%), Iron: 5.52mg (30.69%), Phosphorus: 268.95mg (26.9%), Vitamin C: 21.86mg (26.5%), Vitamin E: 3.16mg (21.07%), Vitamin B2: 0.3mg (17.52%), Folate: 69.39µg (17.35%), Potassium: 605.98mg (17.31%), Vitamin B1: 0.23mg (15.39%), Zinc: 2.18mg (14.5%), Vitamin B3: 2.87mg (14.35%), Magnesium: 55.62mg (13.91%), Vitamin A: 658.03IU (13.16%), Vitamin B6: 0.2mg (10.23%), Copper: 0.19mg (9.45%), Vitamin B5: 0.81mg (8.09%), Fiber: 1.66g (6.63%), Calcium: 65.12mg (6.51%)