



Mussels with White Wine

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings bread country-style toasted sliced (for serving)
- ☐ 1 large egg yolk
- ☐ 2 teaspoons thyme sprigs fresh
- ☐ 1 garlic clove finely grated
- ☐ 2 garlic clove finely chopped
- ☐ 4 servings pepper freshly ground
- ☐ 1 teaspoon juice of lemon fresh ()
- ☐ 4 pounds mussels scrubbed

- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons tomato paste
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup wine
- ☐ 1 medium onion yellow chopped

Equipment

- ☐ bowl
- ☐ ladle
- ☐ whisk
- ☐ pot

Directions

- ☐ Whisk egg yolk, garlic, andlemon juice in a medium bowl.
- ☐ Whiskingconstantly, drizzle in vegetable oil, thenolive oil in a slow, steady stream; whisk untilaioli is emulsified. Season with salt andmore lemon juice, if desired. Cover; chill.
- ☐ DO AHEAD: Aioli can be made 1 dayahead. Keep chilled.
- ☐ Heat oil in a large heavy pot overmedium-high heat.
- ☐ Add onion, season withsalt and pepper, and cook, stirring often,until softened, about 5 minutes.
- ☐ Add garlicand cook, stirring often, until fragrant,about 1 minute.
- ☐ Add tomato paste andcook, stirring, until it begins to darken,about 2 minutes.
- ☐ Add wine and bring to aboil. Reduce heat and simmer until liquid isslightly reduced, about 1 minute.
- ☐ Add mussels and 1/2 cup water to pot,cover, and reduce heat to medium. Cook,stirring occasionally, until mussels open(discard any that do not open), 10-12minutes.
- ☐ Ladle mussels and broth into shallowbowls and top with thyme; serve with breadand lemon aioli.

Nutrition Facts



Properties

Glycemic Index:83.17, Glycemic Load:12.9, Inflammation Score:-9, Nutrition Score:34.48347826626%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

Nutrients (% of daily need)

Calories: 518.72kcal (25.94%), Fat: 28.3g (43.54%), Saturated Fat: 4.66g (29.1%), Carbohydrates: 27.99g (9.33%), Net Carbohydrates: 25.86g (9.4%), Sugar: 4.11g (4.57%), Cholesterol: 110.67mg (36.89%), Sodium: 862.53mg (37.5%), Alcohol: 3.09g (100%), Alcohol %: 1.11% (100%), Protein: 32.08g (64.17%), Vitamin B12: 27.84µg (464.05%), Manganese: 8.36mg (418.19%), Selenium: 115µg (164.28%), Iron: 10.9mg (60.58%), Phosphorus: 533.19mg (53.32%), Vitamin B2: 0.61mg (35.91%), Vitamin B1: 0.52mg (34.47%), Folate: 134.43µg (33.61%), Vitamin K: 32.25µg (30.71%), Vitamin C: 25.14mg (30.47%), Zinc: 4.27mg (28.46%), Vitamin B3: 5.61mg (28.07%), Potassium: 944.74mg (26.99%), Vitamin E: 3.91mg (26.08%), Magnesium: 101.86mg (25.47%), Vitamin B5: 1.59mg (15.93%), Copper: 0.32mg (15.85%), Vitamin B6: 0.26mg (12.96%), Calcium: 121.24mg (12.12%), Vitamin A: 602.86IU (12.06%), Fiber: 2.13g (8.53%), Vitamin D: 0.23µg (1.53%)