



Orange and Basil Mussels

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



954 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup tomatoes diced canned
- ☐ 0.7 cup cooking wine dry white
- ☐ 0.3 cup basil leaves fresh divided sliced
- ☐ 1 large garlic clove sliced
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups orange juice fresh

- ☐ 0.3 teaspoon chile flakes red
- ☐ 2 pounds mussels in shells scrubbed

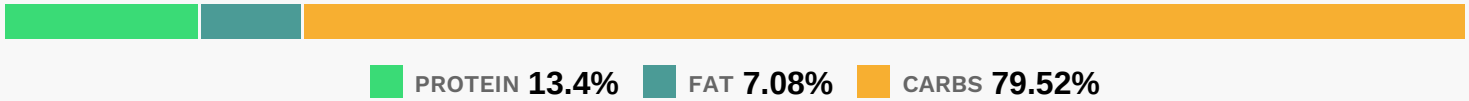
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Heat oil in a large pot over medium heat. Cook garlic until fragrant, about 30 seconds.
- ☐ Add wine, orange juice, tomatoes, salt, pepper, and chile flakes and let simmer 5 minutes.
- ☐ Add mussels and half the basil; cook, covered, until mussels have opened, about 5 minutes.
- ☐ Transfer to a serving bowl and top with remaining basil.
- ☐ Serve with warm crusty Italian bread such as ciabatta.

Nutrition Facts



Properties

Glycemic Index:60.25, Glycemic Load:73.27, Inflammation Score:-8, Nutrition Score:26.714347922284%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 11.27mg, Hesperetin: 11.27mg, Hesperetin: 11.27mg, Hesperetin: 11.27mg Naringenin: 2.14mg, Naringenin: 2.14mg, Naringenin: 2.14mg, Naringenin: 2.14mg 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: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 954.35kcal (47.72%), Fat: 7.19g (11.06%), Saturated Fat: 1.15g (7.16%), Carbohydrates: 181.7g (60.57%), Net Carbohydrates: 173.84g (63.21%), Sugar: 14.99g (16.65%), Cholesterol: 0mg (0%), Sodium: 352.48mg (15.33%), Alcohol: 4.12g (100%), Alcohol %: 1.32% (100%), Protein: 30.63g (61.26%), Selenium: 143.64µg (205.2%), Manganese:

2.22mg (110.85%), Vitamin C: 49.88mg (60.47%), Phosphorus: 460.19mg (46.02%), Copper: 0.73mg (36.59%), Magnesium: 139.61mg (34.9%), Fiber: 7.87g (31.47%), Vitamin B3: 4.52mg (22.62%), Potassium: 789.66mg (22.56%), Zinc: 3.37mg (22.45%), Vitamin B6: 0.43mg (21.4%), Vitamin B1: 0.31mg (20.4%), Iron: 3.67mg (20.36%), Folate: 72.96µg (18.24%), Vitamin B5: 1.22mg (12.19%), Vitamin K: 12.11µg (11.53%), Vitamin B2: 0.19mg (11.19%), Calcium: 76.84mg (7.68%), Vitamin A: 364.41IU (7.29%), Vitamin E: 1.06mg (7.07%)