



Saffron Steamed Mussels



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



214 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz bottled clam juice
- ☐ 1 leaf flat parsley finely chopped
- ☐ 2 tablespoons garlic minced
- ☐ 4 servings lemon wedges
- ☐ 48 mussels in the shell scrubbed
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 1 bell pepper red cut into 1/4-in. dice

- ☐ 0.5 teaspoon saffron threads
- ☐ 1 cup aromatic white wine such as viognier
- ☐ 1 bell pepper yellow cut into 1/4-in. dice

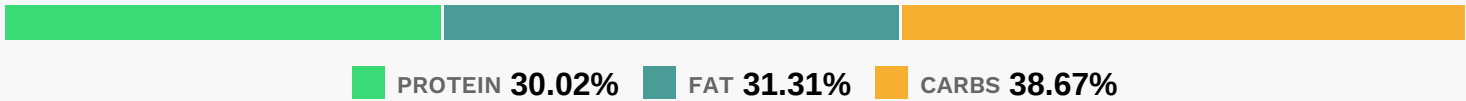
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ Saut bell peppers in oil in a 5- to 6-qt. pan over medium-high heat until beginning to brown, 7 to 8 minutes.
- ☐ Add garlic, saffron, and pepper and cook, stirring, until garlic is softened, 1 to 2 minutes.
- ☐ Pour in 1 cup water, the clam juice, and wine. Cover, bring to a boil over high heat, then reduce heat and simmer about 10 minutes to blend flavors.
- ☐ Return broth to boiling and stir in mussels. Cook, covered, over medium heat until shells open, 8 to 10 minutes; discard any mussels that don't open. Ladle into bowls, sprinkle with parsley, and serve with lemon.

Nutrition Facts



Properties

Glycemic Index:71.63, Glycemic Load:2.84, Inflammation Score:-9, Nutrition Score:25.899130551711%

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 Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg

0.18mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 214.34kcal (10.72%), Fat: 5.99g (9.22%), Saturated Fat: 0.93g (5.84%), Carbohydrates: 16.66g (5.55%), Net Carbohydrates: 15.35g (5.58%), Sugar: 3.77g (4.19%), Cholesterol: 27.42mg (9.14%), Sodium: 491.07mg (21.35%), Alcohol: 6.18g (100%), Alcohol %: 2.77% (100%), Protein: 12.93g (25.85%), Vitamin B12: 11.77µg (196.12%), Manganese: 3.59mg (179.44%), Vitamin C: 105.46mg (127.83%), Selenium: 44.86µg (64.08%), Vitamin A: 1255.2IU (25.1%), Iron: 4.51mg (25.08%), Phosphorus: 231.67mg (23.17%), Folate: 68.35µg (17.09%), Potassium: 554.63mg (15.85%), Vitamin B2: 0.26mg (15.26%), Vitamin B6: 0.3mg (15.08%), Vitamin B1: 0.2mg (13.66%), Magnesium: 50.93mg (12.73%), Zinc: 1.86mg (12.41%), Vitamin B3: 2.35mg (11.77%), Vitamin E: 1.58mg (10.56%), Copper: 0.16mg (8.19%), Vitamin K: 8.48µg (8.08%), Vitamin B5: 0.74mg (7.38%), Fiber: 1.3g (5.21%), Calcium: 49.75mg (4.98%)