

Sauteed Mussels

 **Gluten Free**

READY IN

ready

45 min.

SERVINGS

servings

2

CALORIES

calories

517 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 tablespoon parsley fresh minced to taste
- ☐ 1 teaspoon thyme leaves fresh minced to taste
- ☐ 2 cloves garlic chopped
- ☐ 0.3 cup leeks chopped
- ☐ 0.5 optional: lemon diced peeled
- ☐ 2 pounds mussels
- ☐ 2 tablespoons olive oil

- ☐ 2 servings salt and pepper black freshly ground
- ☐ 2 shallots chopped
- ☐ 2 tomatoes chopped
- ☐ 0.3 cup white wine

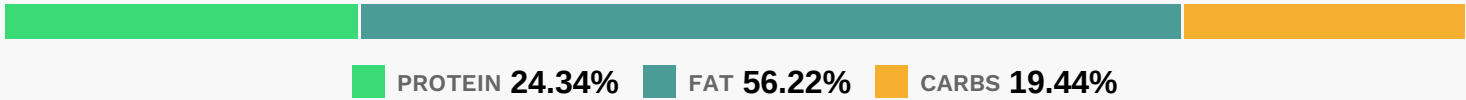
Equipment

- ☐ sauce pan

Directions

- ☐ In a large saucepan, heat olive oil over medium heat.
- ☐ Add leeks, shallots, garlic, mussels, white wine, and lemon and saute over until the mussels open. Season with salt and pepper, and then add butter and tomatoes. Continue cooking until the butter is melted, carefully tossing to combine.
- ☐ Sprinkle with thyme and parsley, adding more, to taste, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:189.75, Glycemic Load:7.95, Inflammation Score:-10, Nutrition Score:39.157391506693%

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: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.69mg, Hesperetin: 7.69mg, Hesperetin: 7.69mg, Hesperetin: 7.69mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 517.09kcal (25.85%), Fat: 30.97g (47.65%), Saturated Fat: 10.18g (63.6%), Carbohydrates: 24.09g (8.03%), Net Carbohydrates: 20.57g (7.48%), Sugar: 6.75g (7.5%), Cholesterol: 94.87mg (31.62%), Sodium: 767.56mg (33.37%), Alcohol: 4.12g (100%), Alcohol %: 1.06% (100%), Protein: 30.16g (60.33%), Vitamin B12: 27.78µg (463.06%), Manganese: 8.27mg (413.51%), Selenium: 104.77µg (149.67%), Vitamin C: 58.2mg (70.54%), Iron: 10.71mg (59.52%), Vitamin K: 57.96µg (55.2%), Phosphorus: 525.99mg (52.6%), Vitamin A: 2153.78IU (43.08%), Potassium: 1234.99mg (35.29%), Folate: 138.62µg (34.65%), Vitamin B2: 0.54mg (31.99%), Vitamin B1: 0.46mg (30.61%), Vitamin E: 4.45mg (29.66%), Zinc: 4.18mg (27.84%), Magnesium: 110.51mg (27.63%), Vitamin B3: 4.67mg (23.35%), Vitamin B6: 0.41mg (20.55%), Copper: 0.36mg (17.79%), Vitamin B5: 1.47mg (14.7%), Fiber: 3.53g (14.11%), Calcium: 115.06mg (11.51%)