



Savory Mussels

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



40 min.

SERVINGS



7

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 carrots sliced
- 1 stalk celery sliced
- 3.3 cups chicken broth
- 2 cloves garlic minced
- 2.3 pounds mussels cleaned
- 2 tablespoons olive oil
- 1 onion chopped
- 1 bunch pkt spinach fresh

Equipment

pot

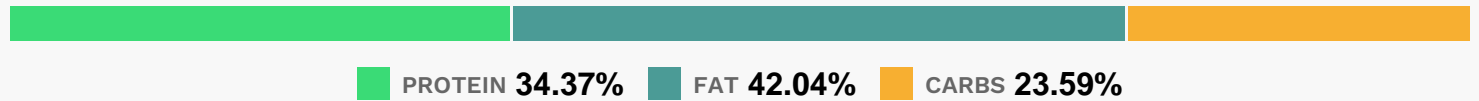
Directions

Heat the olive oil in a large pot over medium heat. Cook the onion and garlic in the hot oil until softened, 5 to 7 minutes. Stir the carrot and celery into the mixture and continue cooking until the carrot and celery have also softened, another 7 to 10 minutes.

Pour the chicken broth into the pot and bring to a boil; cook at a boil for 5 minutes.

Add the mussels; cover the pot and allow the mussels to simmer in the broth mixture just until they begin to open, about 5 minutes. Discard any mussels which do not open. Stir the spinach into the broth just before serving hot.

Nutrition Facts



Properties

Glycemic Index:31.12, Glycemic Load:2.3, Inflammation Score:-10, Nutrition Score:29.95521736145%

Flavonoids

Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 3.24mg, Kaempferol: 3.24mg, Kaempferol: 3.24mg, Kaempferol: 3.24mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg

Nutrients (% of daily need)

Calories: 128.96kcal (6.45%), Fat: 6.13g (9.44%), Saturated Fat: 0.93g (5.78%), Carbohydrates: 7.74g (2.58%), Net Carbohydrates: 6.05g (2.2%), Sugar: 1.84g (2.04%), Cholesterol: 23mg (7.67%), Sodium: 667.26mg (29.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.28g (22.57%), Vitamin K: 239.98µg (228.56%), Manganese: 3.07mg (153.35%), Vitamin B12: 8.94µg (149.08%), Vitamin A: 6157.55IU (123.15%), Selenium: 34.47µg (49.24%), Folate: 132.18µg (33.05%), Vitamin C: 21.72mg (26.33%), Iron: 4.44mg (24.65%), Vitamin B2: 0.33mg (19.17%), Phosphorus: 184.94mg (18.49%), Potassium: 597.77mg (17.08%), Magnesium: 68.2mg (17.05%), Vitamin E: 2.09mg (13.94%), Vitamin B1: 0.2mg (13.04%), Zinc: 1.59mg (10.59%), Vitamin B3: 1.91mg (9.54%), Vitamin B6: 0.18mg (8.88%), Calcium: 82.15mg (8.21%), Copper: 0.16mg (8.2%), Fiber: 1.69g (6.76%), Vitamin B5: 0.48mg (4.75%)