



Spicy Mussels with Chorizo and Wine

READY IN



50 min.

SERVINGS



5

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1.5 cups chicken stock see
- ☐ 5 servings bread french for dipping
- ☐ 8 ounces chorizo fresh
- ☐ 3 cloves garlic minced
- ☐ 1 tablespoon harissa
- ☐ 0.5 cup heavy cream
- ☐ 2 pounds mussels fresh scrubbed
- ☐ 1 medium onion chopped

- ☐ 1 teaspoon pepper flakes red
- ☐ 0.8 cup white wine

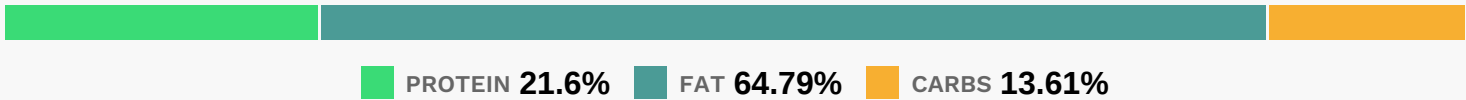
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: If harissa cannot be found, substitute 1 tablespoon of tomato paste plus 1/4 teaspoon cayenne pepper.
- ☐ In a large saucepan or Dutch oven, cook the onions in the butter over medium heat until soft, about 5 minutes.
- ☐ Add the garlic and chorizo to the onions and cook until the sausage loses its raw color, about 5 minutes.
- ☐ Add the harissa and red pepper flakes, and then turn up the heat to high.
- ☐ Once fragrant, deglaze the pan with the wine, allowing to bubble for a minute. Lower the heat to medium, add the chicken stock and bring to a simmer.
- ☐ Add the prepped mussels and cover to steam until the mussels open, 3 to 4 minutes.
- ☐ Add the cream and stir.
- ☐ Serve immediately with plenty of sliced French bread for dipping.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:2.87, Inflammation Score:-7, Nutrition Score:21.649999981341%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg

Nutrients (% of daily need)

Calories: 367.4kcal (18.37%), Fat: 24.4g (37.55%), Saturated Fat: 14.1g (88.12%), Carbohydrates: 11.54g (3.85%), Net Carbohydrates: 10.89g (3.96%), Sugar: 3.61g (4.01%), Cholesterol: 105.02mg (35.01%), Sodium: 484.26mg (21.05%), Alcohol: 3.71g (100%), Alcohol %: 1.53% (100%), Protein: 18.31g (36.61%), Vitamin B12: 11.16µg (185.94%), Manganese: 3.26mg (162.95%), Selenium: 44.64µg (63.77%), Iron: 4.63mg (25.74%), Phosphorus: 236.97mg (23.7%), Vitamin C: 18.59mg (22.53%), Vitamin A: 1078.16IU (21.56%), Vitamin B2: 0.33mg (19.21%), Vitamin B3: 2.86mg (14.28%), Potassium: 481.3mg (13.75%), Vitamin B1: 0.2mg (13.65%), Folate: 49.87µg (12.47%), Zinc: 1.78mg (11.87%), Magnesium: 43.7mg (10.93%), Vitamin B6: 0.18mg (8.99%), Vitamin E: 1.16mg (7.75%), Copper: 0.15mg (7.67%), Calcium: 67.08mg (6.71%), Vitamin B5: 0.59mg (5.93%), Fiber: 0.64g (2.58%), Vitamin D: 0.38µg (2.54%), Vitamin K: 2.43µg (2.32%)