



Spicy Steamed Mussels with Garlic Bread

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bread thick sliced in half, lengthwise)
- ☐ 1 handful chives fresh halved (40)
- ☐ 1 cup wine dry white
- ☐ 1 cup basil fresh loosely packed thinly sliced
- ☐ 1 garlic clove whole thinly sliced
- ☐ 2 pounds mussels black (or other mussels)
- ☐ 3 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 0.5 cup oregano fresh

- ☐ 2 teaspoons pepper red
- ☐ 2 teaspoons salt
- ☐ 4 spring onion thinly sliced
- ☐ 2 cups tomato purée

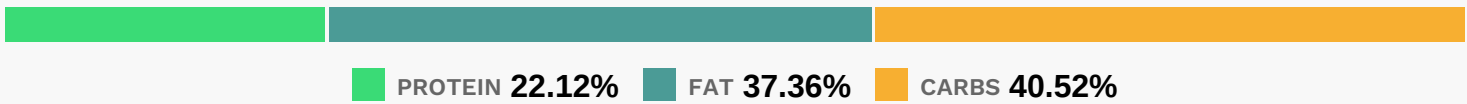
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Brush 1 teaspoon oil onto each slice of bread. Toast until brown and crisp. Rub both sides (one side if using baguette) with whole garlic.
- ☐ Cut bread in half on the diagonal.
- ☐ Heat remaining 2 tablespoon oil in a large skillet over medium-high heat. Cook sliced garlic, scallions and salt, stirring occasionally, until scallions and garlic color slightly, about 5 minutes.
- ☐ Add mussels, tomato puree, wine and pepper flakes. Bring to a boil. Reduce heat to medium, cover and cook until mussels open, 1 to 2 minutes. (Discard any mussels that don't open.)
Uncover pan and add herbs; toss to combine. Divide mussels evenly among 4 bowls and spoon broth over them.
- ☐ Serve each with toast.
- ☐ Per serving: 415 calories, 13.9 grams fat, 1.9 grams saturated fat, 45.2 grams carbohydrates, 2.9 grams fiber, 15.2 grams protein
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:76.42, Glycemic Load:9.9, Inflammation Score:-10, Nutrition Score:39.087825899539%

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 Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg

Nutrients (% of daily need)

Calories: 393.35kcal (19.67%), Fat: 15.11g (23.24%), Saturated Fat: 2.3g (14.37%), Carbohydrates: 36.86g (12.29%), Net Carbohydrates: 29.9g (10.87%), Sugar: 9.15g (10.17%), Cholesterol: 32.39mg (10.8%), Sodium: 1686.09mg (73.31%), Alcohol: 6.18g (100%), Alcohol %: 2.09% (100%), Protein: 20.13g (40.25%), Manganese: 4.98mg (249.09%), Vitamin B12: 13.88µg (231.33%), Vitamin K: 102.74µg (97.85%), Selenium: 61.54µg (87.92%), Iron: 10.92mg (60.65%), Vitamin E: 6.38mg (42.51%), Phosphorus: 348.59mg (34.86%), Vitamin A: 1732.02IU (34.64%), Potassium: 1179.53mg (33.7%), Vitamin C: 27.49mg (33.32%), Copper: 0.61mg (30.71%), Vitamin B3: 5.92mg (29.62%), Folate: 114.72µg (28.68%), Vitamin B2: 0.48mg (28.5%), Magnesium: 111.5mg (27.88%), Fiber: 6.96g (27.82%), Vitamin B1: 0.36mg (24%), Calcium: 215.54mg (21.55%), Zinc: 3mg (20.02%), Vitamin B6: 0.39mg (19.74%), Vitamin B5: 1.5mg (15.05%)