



Steamed Mussels

 Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cooking wine dry white
- ☐ 4 sprigs thyme leaves fresh
- ☐ 2 garlic cloves shaved
- ☐ 1 juice of lemon juiced
- ☐ 1 cup chicken broth low-sodium
- ☐ 4 pounds mussels
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup parsley roughly chopped

- ☐ 1 pinch pepper flakes red
- ☐ 1 shallots minced
- ☐ 1 tomatoes peeled seeded cut in large dice
- ☐ 2 tablespoons butter unsalted

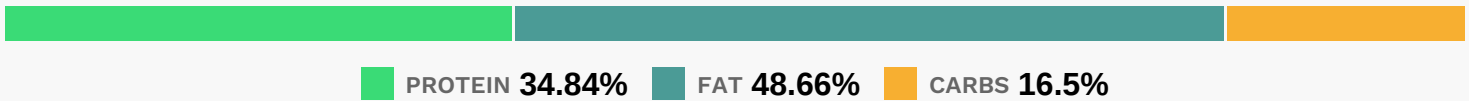
Equipment

- ☐ pot

Directions

- ☐ Rinse the mussels under cold running water while scrubbing with a vegetable brush. Discard any with broken shells.
- ☐ Heat oil in a 6 to 8-quart stockpot.
- ☐ Saute the shallot, garlic and thyme to create a base flavor.
- ☐ Add the mussels and give them a good toss.
- ☐ Add wine, lemon juice, chicken broth and red pepper flakes; cover the pot and steam over medium-high for 5 minutes until the mussels open. Toss in the tomato, parsley and butter, recover the pot, and steam for another minute to soften. The tomatoes should keep their shape.
- ☐ Serve with plenty of grilled garlic bread to sop up the broth.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:5.21, Inflammation Score:-10, Nutrition Score:36.622173856134%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Apigenin: 16.19mg, Apigenin: 16.19mg, Apigenin: 16.19mg, Apigenin: 16.19mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg

Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg
Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 362.76kcal (18.14%), Fat: 18.39g (28.29%), Saturated Fat: 5.68g (35.5%), Carbohydrates: 14.02g (4.67%),
Net Carbohydrates: 13g (4.73%), Sugar: 1.94g (2.15%), Cholesterol: 79.82mg (26.61%), Sodium: 689.04mg (29.96%),
Alcohol: 3.09g (100%), Alcohol %: 1.01% (100%), Protein: 29.62g (59.24%), Vitamin B12: 27.83µg (463.85%),
Manganese: 8.01mg (400.48%), Selenium: 104.04µg (148.64%), Vitamin K: 130.59µg (124.37%), Iron: 10.22mg
(56.76%), Phosphorus: 500.01mg (50%), Vitamin C: 38.17mg (46.26%), Vitamin B2: 0.53mg (31.33%), Vitamin A:
1488.77IU (29.78%), Folate: 117.81µg (29.45%), Potassium: 969.67mg (27.7%), Zinc: 4mg (26.67%), Vitamin B1: 0.4mg
(26.59%), Vitamin B3: 4.88mg (24.38%), Magnesium: 93.29mg (23.32%), Vitamin E: 2.69mg (17.93%), Copper:
0.3mg (14.81%), Vitamin B5: 1.28mg (12.76%), Vitamin B6: 0.22mg (10.79%), Calcium: 89.99mg (9%), Fiber: 1.02g
(4.08%)