



Steamed Mussels



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup wine dry white
- ☐ 1 leaf lemon wedges fresh
- ☐ 3 lb mussels scrubbed (preferably cultivated)
- ☐ 1 tablespoon olive oil
- ☐ 0.5 medium onion chopped

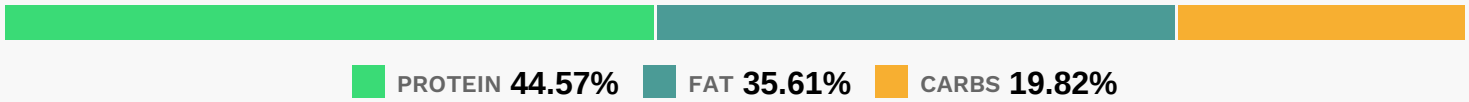
Equipment

- ☐ pot
- ☐ slotted spoon

Directions

- ☐
- Cook onion in oil in a 5- to 6-quart pot over moderate heat, stirring, until softened, 3 to 5 minutes.
- ☐
- Add wine and mussels and bring to a boil. Cover and cook, shaking pot occasionally, until mussels are opened, 4 to 5 minutes. (Discard any unopened ones.)
- ☐
- Transfer mussels to a platter with a slotted spoon, discarding steaming liquid.

Nutrition Facts



Properties

Glycemic Index:9.79, Glycemic Load:1.24, Inflammation Score:-3, Nutrition Score:14.204347797062%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 78.31kcal (3.92%), Fat: 2.47g (3.8%), Saturated Fat: 0.41g (2.55%), Carbohydrates: 3.09g (1.03%), Net Carbohydrates: 3.01g (1.09%), Sugar: 0.39g (0.43%), Cholesterol: 16.19mg (5.4%), Sodium: 166.61mg (7.24%), Alcohol: 2.06g (100%), Alcohol %: 3.12% (100%), Protein: 6.95g (13.89%), Vitamin B12: 6.94µg (115.67%), Manganese: 2mg (99.78%), Selenium: 25.95µg (37.07%), Iron: 2.36mg (13.08%), Phosphorus: 118.87mg (11.89%), Vitamin B2: 0.13mg (7.39%), Vitamin B1: 0.1mg (6.38%), Zinc: 0.96mg (6.38%), Folate: 25.37µg (6.34%), Vitamin C: 5.01mg (6.07%), Potassium: 206.08mg (5.89%), Magnesium: 22.13mg (5.53%), Vitamin B3: 0.95mg (4.76%), Vitamin E: 0.49mg (3.25%), Vitamin B5: 0.3mg (3.04%), Copper: 0.06mg (2.85%), Vitamin B6: 0.04mg (2.22%), Vitamin A: 92.64IU (1.85%), Calcium: 17.92mg (1.79%)