



 **79%**
HEALTH SCORE

Steamed Mussels in Saffron Broth

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

READY IN



45 min.

SERVINGS



4

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon bottled garlic minced
- 8 ounce bottled clam juice
- 4 pounds mussels scrubbed
- 1 teaspoon olive oil
- 1 cup onion chopped
- 0.3 teaspoon saffron threads crushed
- 3 tablespoons tomato paste
- 1.5 tablespoons whipping cream

Equipment

- frying pan
- sauce pan

Directions

- Heat oil in a large saucepan over medium-high heat.
- Add onion to pan; saut 1 minute.
- Add garlic; saut 30 seconds.
- Add saffron; saut 15 seconds. Stir in tomato paste, whipping cream, and clam juice; bring to a boil. Cook for 1 minute, stirring occasionally.
- Add mussels to pan. Cover and cook 5 minutes or until mussels open; discard any unopened shells.

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:6.01, Inflammation Score:-8, Nutrition Score:30.691739046055%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg

Nutrients (% of daily need)

Calories: 281.85kcal (14.09%), Fat: 8.43g (12.97%), Saturated Fat: 2.44g (15.28%), Carbohydrates: 21.33g (7.11%), Net Carbohydrates: 19.9g (7.24%), Sugar: 5.21g (5.79%), Cholesterol: 71.13mg (23.71%), Sodium: 965.02mg (41.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.07g (58.13%), Vitamin B12: 27.79µg (463.1%), Manganese: 7.99mg (399.7%), Selenium: 105.05µg (150.07%), Iron: 9.7mg (53.87%), Phosphorus: 488.71mg (48.87%), Vitamin C: 27.36mg (33.16%), Vitamin B2: 0.53mg (31.4%), Potassium: 981.28mg (28.04%), Folate: 111µg (27.75%), Vitamin B1: 0.41mg (27.42%), Zinc: 3.92mg (26.12%), Magnesium: 91.25mg (22.81%), Vitamin B3: 4.26mg (21.3%), Copper: 0.3mg (14.88%), Vitamin A: 721.25IU (14.42%), Vitamin E: 2.06mg (13.7%), Vitamin B5: 1.29mg (12.92%), Vitamin B6: 0.24mg (12.09%), Calcium: 84.19mg (8.42%), Fiber: 1.43g (5.7%), Vitamin K: 2.56µg (2.44%)