



Steamed Mussels in White Wine

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 0.3 cup wine dry white
- ☐ 2 tablespoons flat parsley chopped
- ☐ 4.5 pounds mussels scrubbed
- ☐ 1 large shallots finely chopped
- ☐ 3.5 tablespoons butter unsalted cut into 1/2" cubes
- ☐ 1 tablespoon citrus champagne vinegar

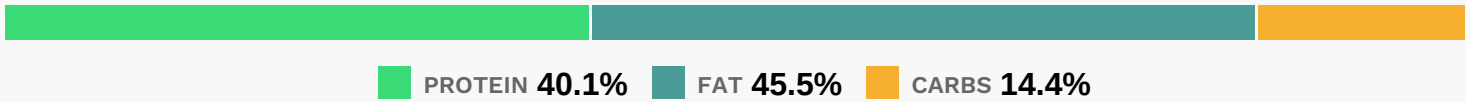
Equipment

- ☐ bowl
- ☐ pot
- ☐ sieve
- ☐ slotted spoon
- ☐ cheesecloth

Directions

- ☐ Place shallot, onion, wine, butter, and vinegar in a large heavy pot.
- ☐ Add mussels, cover, and bring to a boil. Cook, gently shaking pot once or twice, until mussels open, 3–5 minutes (discard any mussels that don't open).
- ☐ Set a strainer lined with a double layer of cheesecloth over a bowl; set aside. Using a slotted spoon, transfer mussels to a large bowl.
- ☐ Pour mixture in pot through prepared strainer. Season broth with pepper and pour over mussels.
- ☐ Sprinkle with parsley.
- ☐ Per serving: 345 calories, 16 grams fat, 14 grams carbohydrate
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:5.15, Inflammation Score:–8, Nutrition Score:31.919130320134%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 330.13kcal (16.51%), Fat: 15.79g (24.29%), Saturated Fat: 7.4g (46.27%), Carbohydrates: 11.25g (3.75%), Net Carbohydrates: 10.96g (3.99%), Sugar: 0.66g (0.73%), Cholesterol: 99.21mg (33.07%), Sodium: 748.6mg (32.55%), Alcohol: 1.54g (100%), Alcohol %: 0.65% (100%), Protein: 31.31g (62.62%), Vitamin B12: 31.25µg (520.84%), Manganese: 8.9mg (445.12%), Selenium: 116.81µg (166.87%), Iron: 10.55mg (58.6%), Phosphorus: 523.7mg (52.37%), Vitamin B2: 0.56mg (32.73%), Vitamin K: 34.19µg (32.56%), Vitamin C: 24mg (29.09%), Folate: 115µg (28.75%), Zinc: 4.24mg (28.28%), Vitamin B1: 0.42mg (28.22%), Potassium: 881.13mg (25.18%), Magnesium: 92.86mg (23.22%), Vitamin B3: 4.23mg (21.13%), Vitamin A: 891.8IU (17.84%), Vitamin B5: 1.35mg (13.49%), Copper: 0.26mg (12.87%), Vitamin E: 1.73mg (11.56%), Vitamin B6: 0.16mg (8.08%), Calcium: 77.7mg (7.77%), Vitamin D: 0.18µg (1.23%), Fiber: 0.29g (1.17%)