



Steamed Mussels with Chicory: Cozze con Cicoria

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



650 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup darkly coarse bread crumbs toasted
- ☐ 0.5 pound chicory cut into 1/4-inch ribbons
- ☐ 1 cup cooking wine dry white
- ☐ 2 cups olive oil extra virgin
- ☐ 6 tablespoons olive oil extra virgin
- ☐ 10 jalapeño peppers coarsely chopped
- ☐ 1 optional: lemon for garnish cut into quarters, plus lemon wedges,

- ☐ 2 pounds mussels scrubbed
- ☐ 1 tablespoon chile flakes red
- ☐ 4 tablespoons chile flakes red
- ☐ 2 medium onions red thinly sliced

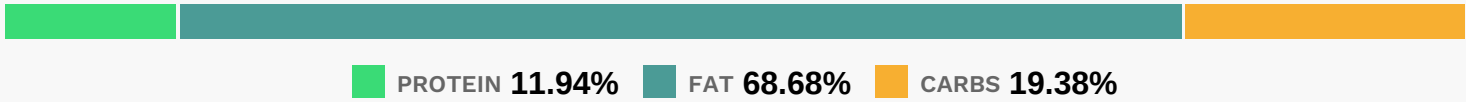
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In a 3-quart saucepan, heat the olive oil until smoking.
- ☐ Add the onions and cook until softened but not browned.
- ☐ Add the mussels and toss well.
- ☐ Add the chile flakes, wine and lemon quarters, cover and cook 1 minute.
- ☐ Remove the lid and add the chicory. Replace the lid and cook 1 minute more, until the mussels have steamed open.
- ☐ Pour into a warm bowl, sprinkle the breadcrumbs over and serve with the lemon wedges on the side, drizzled with the chile oil.
- ☐ In a small saucepan, combine the oil, pepper and chili flakes.
- ☐ Heat to 140 degrees F and simmer for 10 minutes.
- ☐ Remove from heat and allow to sit overnight or for 8 hours. Strain out solids.

Nutrition Facts



Properties

Glycemic Index:48.63, Glycemic Load:4.06, Inflammation Score:-10, Nutrition Score:43.822174030802%

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 Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg
Hesperetin: 1.5mg, Hesperetin: 1.5mg, Hesperetin: 1.5mg, Hesperetin: 1.5mg Naringenin: 0.25mg, Naringenin:
0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin:
0.12mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Isorhamnetin: 2.76mg, Isorhamnetin:
2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 6.09mg, Kaempferol: 6.09mg, Kaempferol:
6.09mg, Kaempferol: 6.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg
Quercetin: 13.01mg, Quercetin: 13.01mg, Quercetin: 13.01mg, Quercetin: 13.01mg

Nutrients (% of daily need)

Calories: 649.88kcal (32.49%), Fat: 47.65g (73.3%), Saturated Fat: 6.86g (42.9%), Carbohydrates: 30.25g (10.08%),
Net Carbohydrates: 22.36g (8.13%), Sugar: 6.16g (6.84%), Cholesterol: 32.39mg (10.8%), Sodium: 613.29mg
(26.66%), Alcohol: 6.18g (100%), Alcohol %: 1.63% (100%), Protein: 18.64g (37.27%), Vitamin B12: 13.93µg (232.12%),
Manganese: 4.64mg (232.06%), Vitamin K: 175.13µg (166.79%), Vitamin A: 4758.12IU (95.16%), Selenium: 57.87µg
(82.67%), Vitamin E: 12.12mg (80.77%), Vitamin C: 60.97mg (73.91%), Iron: 8.05mg (44.73%), Folate: 167.33µg
(41.83%), Phosphorus: 332.58mg (33.26%), Fiber: 7.89g (31.54%), Vitamin B1: 0.43mg (28.67%), Vitamin B2: 0.48mg
(28.42%), Potassium: 985.96mg (28.17%), Vitamin B6: 0.54mg (27.06%), Vitamin B3: 4.71mg (23.57%), Magnesium:
85.65mg (21.41%), Zinc: 3.14mg (20.94%), Copper: 0.34mg (17.04%), Vitamin B5: 1.47mg (14.65%), Calcium: 141.11mg
(14.11%)