



HEALTH SCORE

100%

Steamed Mussels with Fennel and Tomato

 Dairy Free  Very Healthy

READY IN



38 min.

SERVINGS



4

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounce canned tomatoes crushed canned
- 2 medium carrots very thinly sliced
- 4 servings top for serving
- 0.3 cup white wine dry
- 1 bulb fennel (with some fronds), halved and thinly sliced
- 2 teaspoons tarragon fresh roughly chopped
- 5 large cloves garlic very thinly sliced
- 4 servings kosher salt and pepper freshly ground

- 2 pounds mussels scrubbed well (preferably cultivated)
- 0.3 cup olive oil extra-virgin

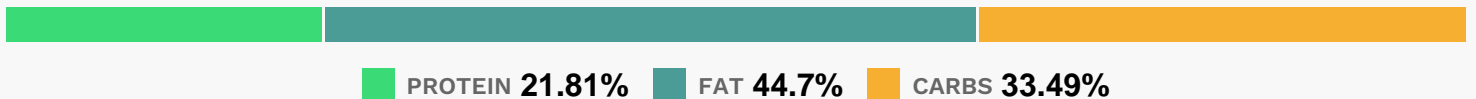
Equipment

- bowl
- pot
- dutch oven

Directions

- Heat the olive oil in a Dutch oven over medium heat.
- Add the garlic and fennel; cook until just soft and fragrant, about 4 minutes.
- Add the carrots and season with salt and pepper; continue cooking, stirring occasionally, until the carrots are just soft, about 4 minutes.
- Add the vermouth and boil to reduce slightly.
- Add the tomatoes and tarragon, then cover the pot and simmer until the vegetables are tender, about 15 minutes. Stir in 1/2 cup water and the mussels. Raise the heat to high, cover and cook until the mussels open, 3 to 5 minutes. (Check halfway through and transfer any open mussels to a serving bowl.)
- Transfer all the mussels to a serving bowl, discarding any that do not open. Season the sauce with pepper and, if needed, salt, and pour over the mussels.
- Serve with the bread.
- Photograph By Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:93.83, Glycemic Load:9.38, Inflammation Score:-10, Nutrition Score:38.572608657505%

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 Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 336.51kcal (16.83%), Fat: 16.95g (26.08%), Saturated Fat: 2.52g (15.77%), Carbohydrates: 28.58g (9.53%), Net Carbohydrates: 21.97g (7.99%), Sugar: 12.7g (14.12%), Cholesterol: 32.39mg (10.8%), Sodium: 846.31mg (36.8%), Alcohol: 1.54g (100%), Alcohol %: 0.45% (100%), Protein: 18.61g (37.23%), Vitamin B12: 13.88µg (231.33%), Manganese: 4.62mg (230.84%), Vitamin A: 5827.78IU (116.56%), Selenium: 54.33µg (77.61%), Vitamin K: 59.66µg (56.81%), Vitamin C: 38mg (46.06%), Iron: 8.21mg (45.62%), Potassium: 1348.6mg (38.53%), Vitamin E: 5.61mg (37.38%), Phosphorus: 343.91mg (34.39%), Copper: 0.54mg (27.22%), Fiber: 6.61g (26.45%), Vitamin B3: 5.13mg (25.65%), Vitamin B6: 0.5mg (25.21%), Vitamin B1: 0.38mg (25.18%), Folate: 100.2µg (25.05%), Magnesium: 98.85mg (24.71%), Vitamin B2: 0.41mg (23.91%), Zinc: 2.69mg (17.92%), Calcium: 156.58mg (15.66%), Vitamin B5: 1.38mg (13.81%)