



Steamed Mussels with Fennel and Tomatoes



Gluten Free



Dairy Free



Very Healthy

READY IN



43 min.

SERVINGS



6

CALORIES



184 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup cooking wine dry white
- ☐ 0.7 cup fennel bulb finely chopped ()
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 3 cloves garlic minced
- ☐ 3 pounds mussels scrubbed
- ☐ 4 teaspoons olive oil
- ☐ 1 cup onion finely chopped (1 small)

- ☐ 1.5 cups plum tomatoes diced seeded
- ☐ 0.3 teaspoon salt

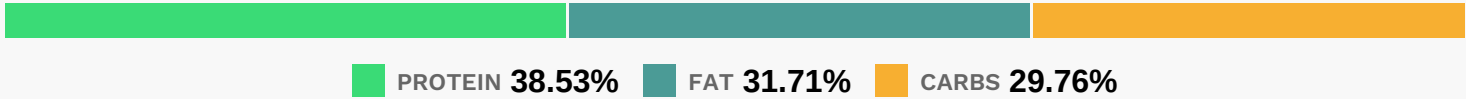
Equipment

- ☐ bowl
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium-high heat; add onion and fennel. Cook 5 minutes or until tender, stirring often.
- ☐ Add tomato and next 3 ingredients, and cook 3 minutes or until tomato softens, stirring often.
- ☐ Add wine, and bring to a boil.
- ☐ Add mussels; cover and simmer 10 minutes or until shells open.
- ☐ Remove from heat; discard any unopened shells.
- ☐ Place mussels in wide, shallow bowls; ladle broth over mussels.
- ☐ Sprinkle with parsley

Nutrition Facts



Properties

Glycemic Index:44.83, Glycemic Load:3.8, Inflammation Score:-8, Nutrition Score:25.31173911302%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg

Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg

Nutrients (% of daily need)

Calories: 183.5kcal (9.18%), Fat: 5.45g (8.39%), Saturated Fat: 0.9g (5.64%), Carbohydrates: 11.51g (3.84%), Net Carbohydrates: 9.92g (3.61%), Sugar: 3.49g (3.87%), Cholesterol: 32.39mg (10.8%), Sodium: 440.48mg (19.15%), Alcohol: 4.12g (100%), Alcohol %: 2.02% (100%), Protein: 14.9g (29.81%), Vitamin B12: 13.88µg (231.33%), Manganese: 4.14mg (206.98%), Selenium: 52.28µg (74.68%), Vitamin K: 53.89µg (51.33%), Vitamin C: 24.28mg (29.43%), Iron: 5.17mg (28.71%), Phosphorus: 265.7mg (26.57%), Potassium: 638.68mg (18.25%), Vitamin A: 902.44IU (18.05%), Folate: 69.39µg (17.35%), Vitamin B2: 0.27mg (16.16%), Vitamin B1: 0.23mg (15.16%), Zinc: 2.11mg (14.06%), Magnesium: 55.91mg (13.98%), Vitamin B3: 2.38mg (11.91%), Vitamin E: 1.42mg (9.48%), Vitamin B6: 0.18mg (9.14%), Copper: 0.17mg (8.57%), Vitamin B5: 0.72mg (7.24%), Fiber: 1.6g (6.39%), Calcium: 57.08mg (5.71%)