



Steamed Mussels with Leeks, Garlic, Thyme, White Wine, and Butter

 **Gluten Free**

READY IN



32 min.

SERVINGS



4

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter
- 0.3 cup flat-leaf parsley fresh chopped
- 0.3 bunch thyme leaves fresh
- 4 garlic cloves minced
- 2 leeks white finely chopped
- 3 pounds mussels
- 4 servings olive oil extra-virgin

1 cup white wine

Equipment

pot

Directions

- Rinse the mussels under cold running water while scrubbing with a vegetable brush.
- Remove the stringy mussel beards with your thumb and index finger as you wash them. Discard any mussels with broken shells.
- Heat 1 tablespoon olive oil and 1 tablespoon butter in a large pot over medium heat.
- Add the leeks, garlic, and thyme and cook until the vegetables cook down to a pulp, about 5 minutes.
- Add the mussels and give everything a good toss.
- Add the white wine. Cover and steam over medium-high heat for 10 minutes, until the mussels open. Stir occasionally so that all the mussels are in contact with the heat.
- Add the remaining 2 tablespoons butter and a drizzle of olive oil to the sauce remaining in the pot and swirl to incorporate. Season with salt and pepper.
- Sprinkle with the parsley and serve immediately.

Nutrition Facts

  
PROTEIN 22.4% **FAT 61.57%** **CARBS 16.03%**

Properties

Glycemic Index:63.5, Glycemic Load:5.53, Inflammation Score:-9, Nutrition Score:32.830000296883%

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 Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 430.67kcal (21.53%), Fat: 26.58g (40.9%), Saturated Fat: 8.09g (50.58%), Carbohydrates: 15.58g (5.19%), Net Carbohydrates: 14.56g (5.29%), Sugar: 2.38g (2.64%), Cholesterol: 71.15mg (23.72%), Sodium: 578.53mg (25.15%), Alcohol: 6.18g (100%), Alcohol %: 2.53% (100%), Protein: 21.76g (43.52%), Vitamin B12: 20.84µg (347.3%), Manganese: 6.24mg (312.18%), Selenium: 78.77µg (112.52%), Vitamin K: 92.04µg (87.66%), Iron: 8.36mg (46.43%), Phosphorus: 377.72mg (37.77%), Vitamin A: 1609.86IU (32.2%), Vitamin C: 25.54mg (30.96%), Folate: 108.17µg (27.04%), Vitamin E: 3.65mg (24.36%), Vitamin B2: 0.4mg (23.44%), Vitamin B1: 0.32mg (21.14%), Potassium: 714.88mg (20.43%), Magnesium: 80.68mg (20.17%), Zinc: 2.99mg (19.94%), Vitamin B3: 3.1mg (15.49%), Vitamin B6: 0.26mg (13.11%), Copper: 0.23mg (11.74%), Vitamin B5: 1mg (10.02%), Calcium: 91.04mg (9.1%), Fiber: 1.02g (4.09%)