



Steamed mussels with leeks, thyme & bacon

 Gluten Free

READY IN



35 min.

SERVINGS



2

CALORIES



681 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 750 g mussels
- ☐ 25 g butter
- ☐ 6 small bacon smoked chopped
- ☐ 2 small leek sliced
- ☐ 1 handful thyme sprigs
- ☐ 1 small glass wine

Equipment

- ☐ frying pan

Directions

- ☐ Scrub and de-beard the mussels.
- ☐ Heat half the butter in a pan, then sizzle the bacon for 3–4 mins until starting to brown.
- ☐ Add the leeks and thyme, then sweat everything together for 4–5 mins until soft. Turn the heat up high, add the mussels and cider or wine, then cover and cook for 4–5 mins, shaking the pan occasionally, until the mussels have opened. Discard any that dont open. Scoop the mussels and the other bits into a dish, then place the pan back on the heat. Boil the juices for 1 min with the rest of the butter, then pour over the mussels and serve with crusty bread.

Nutrition Facts



Properties

Glycemic Index:96, Glycemic Load:7.55, Inflammation Score:-10, Nutrition Score:36.362173837164%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 680.88kcal (34.04%), Fat: 40.89g (62.91%), Saturated Fat: 16.05g (100.32%), Carbohydrates: 23.74g (7.91%), Net Carbohydrates: 22.07g (8.02%), Sugar: 4.61g (5.12%), Cholesterol: 123.99mg (41.33%), Sodium: 1088.02mg (47.31%), Alcohol: 12.15g (100%), Alcohol %: 3.23% (100%), Protein: 32.64g (65.28%), Vitamin B12: 23.3µg (388.35%), Manganese: 7.08mg (354.23%), Selenium: 100.08µg (142.97%), Iron: 10.1mg (56.12%), Phosphorus: 527.72mg (52.77%), Vitamin A: 2150.18IU (43%), Vitamin K: 43.37µg (41.3%), Vitamin B1: 0.55mg (36.56%), Folate: 139.07µg (34.77%), Vitamin C: 26.78mg (32.46%), Vitamin B3: 6.21mg (31.06%), Vitamin B2: 0.51mg (29.77%), Potassium: 992.71mg (28.36%), Magnesium: 110.71mg (27.68%), Zinc: 4.11mg (27.38%), Vitamin B6: 0.54mg (26.98%), Vitamin E: 2.44mg (16.3%), Copper: 0.32mg (16.09%), Vitamin B5: 1.52mg (15.16%), Calcium: 121.18mg (12.12%), Fiber: 1.67g (6.69%), Vitamin D: 0.26µg (1.76%)