



Steamed Mussels with Lemon-Saffron Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons butter
- ☐ 2 tablespoons brandy
- ☐ 0.5 cup crème fraîche
- ☐ 1 cup wine dry white
- ☐ 2 large egg yolk
- ☐ 4 servings chives fresh
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 40 mussels scrubbed

- ☐ 1 pinch saffron threads generous
- ☐ 2 large shallots finely chopped

Equipment

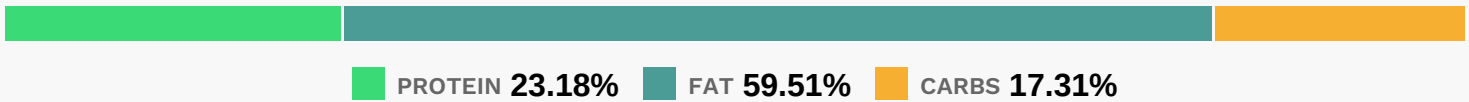
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ aluminum foil
- ☐ tongs

Directions

- ☐ Whisk crème fraîche and egg yolks in medium bowl to blend. Melt butter in heavy medium skillet over medium heat.
- ☐ Add shallots and sauté until soft, about 3 minutes.
- ☐ Remove skillet from heat.
- ☐ Add Cognac and ignite with match.
- ☐ Let flames burn out; whisk in lemon juice and saffron. Set both mixtures aside.
- ☐ Place mussels in heavy large pot; pour in wine. Bring to boil over medium-high heat. Cover pot and cook until mussels open, about 6 minutes.
- ☐ Remove from heat. Using tongs, transfer mussels to baking sheet (discard any mussels that do not open).
- ☐ Remove top half of each mussel shell; divide mussels in bottom shells among 4 bowls. Tent with foil.
- ☐ Strain mussel cooking liquid from pot through sieve lined with damp paper towel into skillet with shallot mixture. Boil over medium-high heat until reduced to 1 cup, about 3 minutes. Very slowly whisk hot liquid into crème fraîche mixture; return to same skillet. Stir over low heat

- just until sauce thickens enough to coat spoon, about 2 minutes.
- ☐ Remove from heat; season sauce with salt and pepper. Spoon sauce over mussels.
 - ☐ Garnish with chives.
 - ☐ * Sold at some supermarkets. If unavailable, heat 1 cup whipping cream to lukewarm (85°F).
 - ☐ Remove from heat and mix in 2 tablespoons buttermilk. Cover and let stand in warm draft-free area until slightly thickened, 24 to 48 hours, depending on temperature of room.
- Refrigerate until ready to use.

Nutrition Facts



Properties

Glycemic Index:68.75, Glycemic Load:2.26, Inflammation Score:-6, Nutrition Score:19.979130387306%

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: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.87mg, Hesperetin: 1.87mg, Hesperetin: 1.87mg, Hesperetin: 1.87mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 270.45kcal (13.52%), Fat: 13.96g (21.48%), Saturated Fat: 6.77g (42.31%), Carbohydrates: 9.14g (3.05%), Net Carbohydrates: 8.68g (3.16%), Sugar: 2.89g (3.21%), Cholesterol: 142.9mg (47.63%), Sodium: 284.86mg (12.39%), Alcohol: 8.69g (100%), Alcohol %: 5.09% (100%), Protein: 12.24g (24.47%), Vitamin B12: 10.03µg (167.12%), Manganese: 2.9mg (144.95%), Selenium: 42.66µg (60.95%), Phosphorus: 237.12mg (23.71%), Iron: 3.82mg (21.21%), Vitamin B2: 0.28mg (16.53%), Vitamin C: 12.73mg (15.43%), Folate: 56.73µg (14.18%), Vitamin A: 608.21IU (12.16%), Potassium: 406.85mg (11.62%), Zinc: 1.74mg (11.58%), Vitamin B1: 0.17mg (11.07%), Magnesium: 40.9mg (10.23%), Vitamin B5: 0.85mg (8.46%), Vitamin B6: 0.16mg (8.12%), Calcium: 74.11mg (7.41%), Vitamin B3: 1.44mg (7.22%), Vitamin E: 0.92mg (6.15%), Copper: 0.11mg (5.34%), Vitamin K: 3.41µg (3.25%), Vitamin D: 0.46µg (3.06%), Fiber: 0.46g (1.84%)