



WHATSheATE



Steamed Mussels with Sausages and Fennel

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



912 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce sourdough baguette french divided cut into 1/2-inch-thick slices,
- ☐ 3 cups cooking wine dry white divided (one 750-ml bottle)
- ☐ 6 cups fennel bulbs fresh divided sliced
- ☐ 6 garlic cloves divided crushed
- ☐ 6 pounds mussels scrubbed
- ☐ 8 servings olive oil extra-virgin (for drizzling)
- ☐ 6 cups onions divided sliced
- ☐ 8 servings parsley fresh italian chopped

- ☐ 1 teaspoon pepper dried red divided crushed
- ☐ 2 pounds link sausages sweet italian hot divided

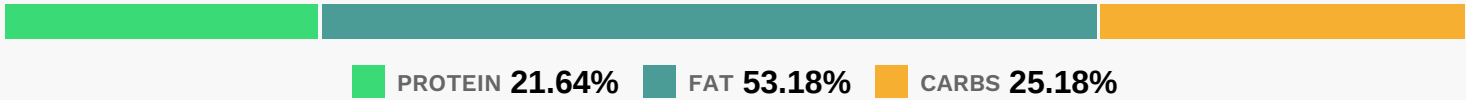
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 450°F. Using fork, piercesausages all over.
- ☐ Heat each of 2 largecast-iron skillets or other large ovenproofskillets over medium-high heat.
- ☐ Addhalf of sausages to each skillet and cookmeat until browned, turning occasionally,about 5 minutes.
- ☐ Add half of onions, halfof fennel, half of garlic, and half of driedcrushed red pepper to each skillet.
- ☐ Add1 cup white wine to each skillet and bringto boil. Cover and simmer until sausagesand vegetables are cooked through,about 12 minutes.
- ☐ Add 1/2 cup wine, then1/2 of mussels to each skillet; transferskillets to oven and roast uncovered5 minutes. Carefully remove skilletsfrom oven; top each skillet with enoughbaguette slices to cover completely.Return skillets to oven; bake uncovereduntil mussels open and bread slices beginto brown, about 5 minutes longer (discardany mussels that do not open).
- ☐ Drizzle bread in each skillet withextra-virgin olive oil, then sprinkle withchopped parsley.
- ☐ Serve mussels andsausages directly from skillets.
- ☐ A soft, medium-bodiedred wine is the perfect matchfor this rich, hearty entrée. We like the
- ☐ Ca' Bianca 2005 "Antè" Barbera d'Asti(\$1
- ☐ from Italy's Piedmont region. Thewine's juicy sour-cherry flavors andslight earthiness pair beautifully with thesausages and mussels.

Nutrition Facts



Properties

Glycemic Index:37.34, Glycemic Load:26.22, Inflammation Score:-9, Nutrition Score:46.752173796944%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 24.6mg, Quercetin: 24.6mg, Quercetin: 24.6mg, Quercetin: 24.6mg

Nutrients (% of daily need)

Calories: 912.08kcal (45.6%), Fat: 49.85g (76.69%), Saturated Fat: 13.07g (81.72%), Carbohydrates: 53.11g (17.7%), Net Carbohydrates: 47.59g (17.3%), Sugar: 11.25g (12.5%), Cholesterol: 130.23mg (43.41%), Sodium: 1618.05mg (70.35%), Alcohol: 9.27g (100%), Alcohol %: 1.84% (100%), Protein: 45.63g (91.25%), Vitamin B12: 21.78µg (363.06%), Manganese: 6.6mg (330.04%), Selenium: 89µg (127.14%), Vitamin K: 118.48µg (112.83%), Vitamin B1: 0.99mg (66.28%), Phosphorus: 638.88mg (63.89%), Iron: 11.45mg (63.6%), Vitamin B3: 11.43mg (57.17%), Folate: 182.21µg (45.55%), Vitamin C: 37.41mg (45.34%), Vitamin B2: 0.76mg (44.72%), Potassium: 1452.16mg (41.49%), Zinc: 6.21mg (41.38%), Vitamin B6: 0.75mg (37.46%), Magnesium: 124.63mg (31.16%), Vitamin E: 3.88mg (25.86%), Vitamin B5: 2.21mg (22.14%), Fiber: 5.52g (22.08%), Copper: 0.42mg (20.76%), Calcium: 193.08mg (19.31%), Vitamin A: 863.77IU (17.28%), Vitamin D: 1.47µg (9.83%)