

 **100%**  
HEALTH SCORE

## Steamed Mussels with Sofrito

 Dairy Free  Very Healthy

READY IN

**45 min.**

SERVINGS

**2**

CALORIES

**352 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup chicken broth
- 0.3 cup cilantro leaves fresh packed
- 2 servings top
- 0.5 teaspoon cumin seeds
- 0.5 cup wine dry white
- 4 large garlic clove
- 48 mussels (preferably cultivated)
- 1 tablespoon olive oil

- 1 small onion
- 2 tablespoons orange juice fresh to taste
- 1 teaspoon oregano dried crumbled
- 2 bell pepper red

## Equipment

- bowl
- blender

## Directions

- Scrub mussels well and remove beards.
- Cut bell peppers into 1/2-inch pieces and transfer half to a blender, reserving remaining half in a bowl. Chop onion and garlic.
- Add onion, garlic, cilantro, oregano, and cumin to blender and puree until smooth.
- In a 4-quart kettle heat oil over moderate heat until hot but not smoking and cook puree, stirring, 2 minutes.
- Add mussels, reserved bell peppers, wine, and broth and simmer, covered, 4 to 8 minutes, checking mussels occasionally after 4 minutes and transferring them as they open to a bowl. (Discard any unopened mussels after 8 minutes.) Season sauce with orange juice and salt and pepper.
- Serve mussels with sauce and bread.

## Nutrition Facts



**PROTEIN 33.39%** **FAT 34.97%** **CARBS 31.64%**

## Properties

Glycemic Index:164.25, Glycemic Load:7.95, Inflammation Score:-10, Nutrition Score:40.316086976425%

## 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: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg

Hesperetin: 2.27mg, Hesperetin: 2.27mg, Hesperetin: 2.27mg, Hesperetin: 2.27mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 8.61mg, Quercetin: 8.61mg, Quercetin: 8.61mg, Quercetin: 8.61mg

## **Nutrients (% of daily need)**

Calories: 352.26kcal (17.61%), Fat: 12.15g (18.7%), Saturated Fat: 1.93g (12.06%), Carbohydrates: 24.75g (8.25%), Net Carbohydrates: 20.94g (7.61%), Sugar: 8.91g (9.9%), Cholesterol: 56.01mg (18.67%), Sodium: 796.59mg (34.63%), Alcohol: 6.18g (100%), Alcohol %: 1.56% (100%), Protein: 26.12g (52.23%), Vitamin B12: 23.51µg (391.88%), Manganese: 7.12mg (355.86%), Vitamin C: 181.55mg (220.06%), Selenium: 89.57µg (127.96%), Vitamin A: 4233.97IU (84.68%), Iron: 9.47mg (52.63%), Phosphorus: 458.1mg (45.81%), Folate: 154.41µg (38.6%), Vitamin B2: 0.59mg (34.8%), Vitamin B6: 0.61mg (30.7%), Potassium: 1073.31mg (30.67%), Vitamin B1: 0.45mg (29.98%), Vitamin E: 4.26mg (28.39%), Zinc: 3.75mg (25.02%), Magnesium: 99.69mg (24.92%), Vitamin B3: 4.78mg (23.91%), Vitamin K: 23.19µg (22.09%), Vitamin B5: 1.52mg (15.24%), Fiber: 3.81g (15.24%), Copper: 0.27mg (13.56%), Calcium: 110.33mg (11.03%)