



Warm Mussel and Marinated Vegetable Salad

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



290 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 teaspoon capers drained
- 1 pinch ground pepper
- 0.3 cup fennel bulb
- 2 tablespoons basil fresh chopped
- 0.5 clove garlic split peeled
- 3 pounds mussels steamed
- 0.3 cup olive oil
- 4 olives diced black pitted

- 1 teaspoon parsley fresh italian chopped
- 4 servings sea salt to taste fine
- 1 teaspoon shallots chopped
- 0.5 cup tomatoes ripe seeded
- 4 servings pepper white freshly ground to taste
- 0.5 cup zucchini

Equipment

- bowl
- oven
- pot
- slotted spoon

Directions

- Bring a pot of water to a boil and blanch the zucchini for 1 minute.
- Drain and refresh under cold running water.
- Drain again and place in a bowl with the fennel, tomato, and shallot. Season with cayenne, salt, and pepper.
- Add the parsley, basil, garlic, capers, olives, and olive oils.
- Mix well. Cover and refrigerate for at least 2 hours or up to 6 hours.
- Arrange the mussels in a radial pattern in 4 shallow, oven proof bowls. (The mussels maybe arranged and refrigerated several hours before serving.)
- To serve, preheat the oven to 400 degrees.
- Place the mussels in the oven just to warm them through, about 2 minutes. Using a slotted spoon, top the mussels with the vegetable mixture.
- Drizzle about 1 tablespoon of the oil from the mixture over each bowl.
- Serve immediately.
- Le Bernardin Cookbook

Nutrition Facts



■ PROTEIN **29.66%** ■ FAT **56.58%** ■ CARBS **13.76%**

Properties

Glycemic Index:85.5, Glycemic Load:3.64, Inflammation Score:-7, Nutrition Score:27.292608758678%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 289.86kcal (14.49%), Fat: 18.16g (27.94%), Saturated Fat: 2.72g (17.01%), Carbohydrates: 9.94g (3.31%), Net Carbohydrates: 8.62g (3.13%), Sugar: 1.23g (1.37%), Cholesterol: 48.58mg (16.19%), Sodium: 772.74mg (33.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.42g (42.84%), Vitamin B12: 20.82µg (347%), Manganese: 6.07mg (303.41%), Selenium: 77.98µg (111.4%), Iron: 7.45mg (41.4%), Phosphorus: 361.03mg (36.1%), Vitamin C: 20.91mg (25.34%), Vitamin B2: 0.39mg (22.93%), Vitamin E: 3.23mg (21.55%), Folate: 82.7µg (20.68%), Vitamin B1: 0.3mg (19.67%), Potassium: 680.09mg (19.43%), Zinc: 2.91mg (19.42%), Vitamin K: 19.76µg (18.82%), Magnesium: 68.36mg (17.09%), Vitamin B3: 3.04mg (15.18%), Vitamin A: 555.18IU (11.1%), Copper: 0.22mg (10.88%), Vitamin B5: 0.94mg (9.39%), Vitamin B6: 0.14mg (7.11%), Calcium: 63.54mg (6.35%), Fiber: 1.32g (5.29%)