



White Miso Mussels with Watercress

READY IN



17 min.

SERVINGS



2

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon ginger freshly grated
- ☐ 1.5 cups pale ale beer
- ☐ 3 tablespoons miso paste white
- ☐ 2 pounds mussels
- ☐ 2 tablespoons butter unsalted
- ☐ 4 ounces watercress leaves ends trimmed

Equipment

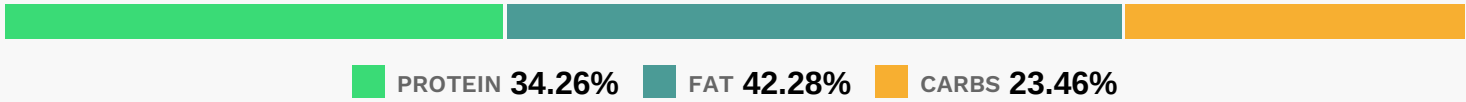
- ☐ pot

☐ slotted spoon

Directions

- ☐ Heat butter in a 3-quart cast iron pot over medium heat. When butter foams, add ginger and cook until fragrant, about 1 minute.
- ☐ Add sake and bring to a boil.
- ☐ Add mussels, stir to coat, cover, and steam until mussels open, about 3 to 5 minutes.
- ☐ Using a slotted spoon, remove mussels to a serving plate.
- ☐ Add miso to sauce and stir until smooth.
- ☐ Remove from heat, stir in watercress, pour over mussels, and serve.

Nutrition Facts



Properties

Glycemic Index:99.25, Glycemic Load:10.15, Inflammation Score:-10, Nutrition Score:39.823043341222%

Flavonoids

Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 14.49mg, Kaempferol: 14.49mg, Kaempferol: 14.49mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 17.04mg, Quercetin: 17.04mg, Quercetin: 17.04mg, Quercetin: 17.04mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 434.96kcal (21.75%), Fat: 18.15g (27.93%), Saturated Fat: 8.46g (52.86%), Carbohydrates: 22.66g (7.55%), Net Carbohydrates: 20.93g (7.61%), Sugar: 1.76g (1.96%), Cholesterol: 94.87mg (31.62%), Sodium: 1645.08mg (71.53%), Alcohol: 6.9g (100%), Alcohol %: 1.72% (100%), Protein: 33.09g (66.19%), Vitamin B12: 27.84µg (463.99%), Manganese: 8.25mg (412.27%), Selenium: 107.16µg (153.08%), Vitamin K: 150.43µg (143.27%), Phosphorus: 559.62mg (55.96%), Iron: 9.95mg (55.25%), Vitamin C: 43.06mg (52.2%), Vitamin A: 2551.44IU (51.03%), Vitamin B2: 0.66mg (39.03%), Vitamin B1: 0.46mg (30.44%), Potassium: 1046.59mg (29.9%), Zinc: 4.46mg (29.72%), Folate: 118.53µg (29.63%), Magnesium: 115.2mg (28.8%), Vitamin B3: 4.99mg (24.93%), Copper: 0.39mg (19.36%), Vitamin B6: 0.33mg (16.35%), Calcium: 153.72mg (15.37%), Vitamin B5: 1.51mg (15.13%), Vitamin E: 2.18mg (14.51%), Fiber: 1.73g (6.92%), Vitamin D: 0.21µg (1.4%)