



## White Wine—Steamed Mussels

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



162 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black
- 1 tablespoon butter
- 0.5 cup cooking wine dry white
- 0.3 cup parsley fresh chopped
- 2 pounds mussels scrubbed ( 60)
- 0.3 teaspoon salt
- 1 serrano chile finely chopped
- 0.3 cup shallots minced (2 medium)

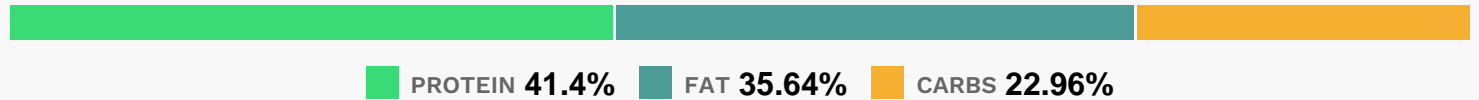
## Equipment

- bowl
- frying pan
- dutch oven

## Directions

- Melt butter in a Dutch oven over medium heat.
- Add shallots and chile to pan, and saut 3 minutes or until tender. Stir in salt and pepper.
- Add mussels and wine; cover and cook 7 minutes or until shells open; discard any unopened shells. Divide mussels evenly among 4 shallow bowls.
- Sprinkle evenly with parsley.
- Serve with: Garlic Bread

## Nutrition Facts



## Properties

Glycemic Index:52.25, Glycemic Load:2.91, Inflammation Score:-7, Nutrition Score:23.595217445622%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 161.96kcal (8.1%), Fat: 5.48g (8.44%), Saturated Fat: 2.3g (14.38%), Carbohydrates: 7.95g (2.65%), Net Carbohydrates: 7.27g (2.64%), Sugar: 1.54g (1.72%), Cholesterol: 39.91mg (13.3%), Sodium: 504.2mg (21.92%), Alcohol: 3.09g (100%), Alcohol %: 2.31% (100%), Protein: 14.34g (28.67%), Vitamin B12: 13.89µg (231.43%), Manganese: 4.04mg (201.8%), Selenium: 52.08µg (74.4%), Vitamin K: 62.48µg (59.51%), Iron: 5.09mg (28.26%),

Phosphorus: 245.95mg (24.59%), Vitamin C: 16.1mg (19.51%), Vitamin B2: 0.26mg (15.1%), Folate: 60.08µg (15.02%), Potassium: 468.7mg (13.39%), Vitamin B1: 0.2mg (13.32%), Zinc: 1.99mg (13.3%), Vitamin A: 603.76IU (12.08%), Magnesium: 47.92mg (11.98%), Vitamin B3: 1.99mg (9.94%), Vitamin B6: 0.14mg (6.76%), Copper: 0.13mg (6.61%), Vitamin B5: 0.66mg (6.58%), Vitamin E: 0.76mg (5.09%), Calcium: 45.07mg (4.51%), Fiber: 0.68g (2.74%)