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Steamed Mussels in White Wine

Steamed mussels in a flavorful white wine broth. This classic seafood dish is a favorite among seafood lovers. The mussels are cooked until tender and served with crusty bread for dipping in the delicious broth. Perfect for a special occasion or a weeknight dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

1000 g	Mussels
250 ml	white wine
4 cloves	garlic
30 g	Butter
15 g	Parsley

4 slices	Lemon
1 tsp	Salt
1 tsp	Black pepper

Directions

Step 1

Preparation

Clean and debeard the mussels.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

In a large pot, melt the butter over medium heat. Add the garlic and cook until fragrant.

Prep Time: 2 mins

Cook Time: 3 mins

Step 3

Stove

Add the white wine, salt, and black pepper to the pot. Bring to a simmer.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Stove

Add the mussels to the pot and cover with a lid. Cook for about 5 minutes or until the mussels have opened.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Plating

Remove the mussels from the pot and discard any that did not open. Serve the mussels in bowls with the cooking broth. Garnish with parsley and lemon slices.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 172 kcal

Fat: 6 g

Protein: 16 g

Carbohydrates: 6 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	16 g	94.12%	94.12%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	6 g	10.91%	12%
Fibers	1 g	2.63%	4%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	38 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	4 iu	0.44%	0.57%
Vitamin C	21 mg	23.33%	28%
Vitamin B6	0 mg	0%	0%
Vitamin B12	8 mcg	333.33%	333.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	632 mg	27.48%	27.48%
Calcium	5 mg	0.5%	0.5%
Iron	28 mg	350%	155.56%
Potassium	482 mg	14.18%	18.54%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	4 mg	36.36%	50%
Selenium	44 mcg	80%	80%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Cuisines

Italian French American

Meal Type

Breakfast Dinner Lunch Snack

Kitchen Tools

Slow Cooker

Course

Side Dishes Drinks Salads Soups Snacks

Cultural

Chinese New Year Cinco de Mayo St. Patrick's Day Easter

Cost

\$10 to \$20 \$40 to \$50

Difficulty Level

Easy

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