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Mussels with Saffron Cream ♦

Mussels with Saffron Cream is a delicious seafood dish that originated in Mediterranean cuisine. It is typically consumed as a main course and is known for its rich and creamy sauce. The mussels are cooked in a flavorful broth infused with saffron, garlic, and white wine, which creates a savory and aromatic dish. The dish is often served with crusty bread to soak up the delicious sauce.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 15 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

1000 g	Mussels
0.5 g	Saffron
4 cloves	garlic
250 ml	white wine

200 ml	heavy cream
30 g	butter
1 tsp	Salt
0.5 tsp	Black pepper
10 g	Parsley

Directions

Step 1

Preparation

Clean the mussels by scrubbing them under cold water and removing any beards or barnacles.

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 sauté until fragrant.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stove

Add the white wine and saffron 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 5-7 minutes, or until the mussels have opened.

Prep Time: 0 mins

Cook Time: 7 mins

Step 5

Preparation

Remove the mussels from the pot and set aside. Strain the cooking liquid to remove any grit or sand.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Stove

Return the strained cooking liquid to the pot and bring to a simmer. Stir in the heavy cream and season with salt and black pepper.

Prep Time: 0 mins

Cook Time: 5 mins

Step 7

Stove

Cook the sauce for 5 minutes, or until it has thickened slightly.

Prep Time: 0 mins

Cook Time: 5 mins

Step 8

Stove

Return the mussels to the pot and gently toss to coat them in the sauce. Cook for an additional 2 minutes to heat the mussels through.

Prep Time: 0 mins

Cook Time: 2 mins

Step 9

Plating

Serve the mussels with saffron cream in bowls, garnished with fresh parsley.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 30 g

Protein: 20 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	1 g	2.63%	4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	20 g	90.91%	117.65%
Fat	30 g	107.14%	120%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	150 iu	16.67%	21.43%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	100 mg	10%	10%
Iron	5 mg	62.5%	27.78%
Potassium	400 mg	11.76%	15.38%
Zinc	5 mg	45.45%	62.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Fall

Cuisines

Italian

Nutritional Content

Low Calorie

Kitchen Tools

Slow Cooker

Course

Appetizers

Salads

Soups

Snacks

Sauces & Dressings

Cultural

Passover

Easter

Cost

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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