

Belgian Beer-Steamed Mussels

Yield: 3 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-steamed-mussels-recipe>

Ingredients:

- 2 pounds mussels scrubbed and de-bearded
- 1 bottle lager Belgian-style
- 1 shallot minced
- 1/4 cup chopped cilantro

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 85 milligrams
4. Fat: 6 grams
5. Protein: 37 grams
6. Sodium: 870 milligrams

Thank you for visiting our website. Hope you enjoy Belgian Beer-Steamed Mussels above. You can see more 20 chinese steamed mussels recipe Get ready to indulge! to get more great cooking ideas.