

Steamed Mussels II

Yield: 4 min
Total Time: 25 min

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

Ingredients:

- 2 tablespoons butter
- 1/4 cup shallots minced
- 3/4 cup dry white wine
- 3 pounds mussels cleaned and debearded
- 1/2 cup fresh parsley chopped
- ground black pepper to taste

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 110 milligrams
4. Fat: 13 grams
5. Protein: 41 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 1020 milligrams
8. Sugar: 1 grams

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