

Mussels with Garlic and Wine

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-grilled-mussels-recipe>

Ingredients:

- 10 slices bread sliced 1/2" thick
- 2 tablespoons extra virgin olive oil
- 1 ounce pancetta chopped
- 4 cloves garlic minced
- 1 tablespoon fresh thyme chopped
- 1 tablespoon fresh oregano chopped
- 1 pound mussels scrubbed and beards removed
- 1/2 cup dry white wine such as Sauvignon Blanc or Pinot Grigio
- 1/4 cup heavy cream
- 2 tablespoons unsalted butter
- lemon unchecke Juice whole, about 1 tablespoon
- pepper unchecke Salt and, to taste healthy pinch of both
- red pepper flakes unchecke Pinch
- 1 tablespoon parsley chopped

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 75 milligrams
4. Fat: 25 grams
5. Fiber: 5 grams
6. Protein: 22 grams
7. SaturatedFat: 10 grams
8. Sodium: 840 milligrams
9. Sugar: 3 grams

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