



## Steamed “Island Gold” Blue Mussels with Wine

**Prep time: 2 minutes    Cook time: 5-6 minutes**

### INGREDIENTS

- 2 lbs. *Island Gold Mussels*
- 2 oz white wine
- 1 clove garlic (chopped)
- 2 tbsp. onion (chopped)

### PREPARATION

Place wine, garlic, onion and mussels in saucepan, cook on high for 5 to 6 minutes or until mussels open. Serve with melted butter (optional).

### MUSSEL NUTRITIONAL FACTS: (Serving Size 4oz)

Calories 90, Total Fat 4% (2.8g), Saturated Fat 3% (0.6g), Trans Fat 0% (0g), Cholesterol 12% (3.5mg), Sodium 13% (320mg), Total Carbohydrate 1% (4g), Dietary Fiber 0% (0g), Sugars 0% (0g), Protein 13g, Vitamin A 4%, Vitamin C 0%, Calcium 2%, Iron 25%. *Percent Daily Values are based on a 2,000 calorie diet.*