

Mussels with Bloody Mary Sauce

The Essential Appetizers Cookbook (1999)

Whitecap Books

Yield: 24 mussels

24 black mussels

juice of one lemon

1 tablespoon water

freshly ground black pepper (for garnish)

BLOODY MARY SAUCE

2 tablespoons vodka

2 tablespoons tomato juice

1 tablespoon lemon juice

2 teaspoons Worcestershire sauce

dash tabasco sauce

1/4 teaspoon celery salt

Scrub the mussels and remove the beards (discard any mussels which are open and don't close when tapped).

Place in a large heavy pan with the lemon juice and water. Cover and steam over medium-low heat for 2 to 3 minutes, removing them as they open. (Discard any which haven't opened in that time.)

Remove and discard the top shell. Run a small knife along the shell under the mussel to detach it from the shell. Place the mussels in their shells on a baking tray which has been spread with a layer of salt (to keep them level and stop the filling from falling out).

For the sauce::In a bowl, combine the vodka, tomato juice, lemon juice, Worcestershire sauce, tabasco sauce and celery salt.

Spoon one teaspoon of the sauce into each shell. Broil for a few seconds or until the sauce is warm.

Serve with a sprinkle of freshly ground black pepper.

Per Serving (excluding unknown items): 83 Calories; trace Fat (4.9% calories from fat); 1g Protein; 5g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 605mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	83	Vitamin B6 (mg):	trace
% Calories from Fat:	4.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	84.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	10.4%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	8mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	64
Cholesterol (mg):	0mg	% Refused:	n.n%
Carbohydrate (g):	5g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	605mg	Vegetable:	0
Potassium (mg):	167mg	Fruit:	0
Calcium (mg):	15mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	31mg		
Vitamin A (i.u.):	183IU		
Vitamin A (r.e.):	21RE		

Nutrition Facts

Amount Per Serving		
Calories	83	Calories from Fat: 4
% Daily Values*		
Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	605mg	25%
Total Carbohydrates	5g	2%
Dietary Fiber	trace	2%
Protein	1g	
Vitamin A		4%
Vitamin C		51%
Calcium		1%
Iron		5%

* Percent Daily Values are based on a 2000 calorie diet.