



Bucatini With Mussels

READY IN



35 min.

SERVINGS



4

CALORIES



709 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup baguette diced
- ☐ 12 ounces bucatini pasta
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 cup parsley leaves fresh
- ☐ 1 clove garlic smashed
- ☐ 4 servings kosher salt
- ☐ 2 pounds mussels scrubbed well
- ☐ 4 servings pepper freshly ground
- ☐ 2 ounces pancetta thick cut into 1-inch matchsticks preferably 1 slice

- ☐ 3 shallots thinly sliced
- ☐ 3 tablespoons butter unsalted

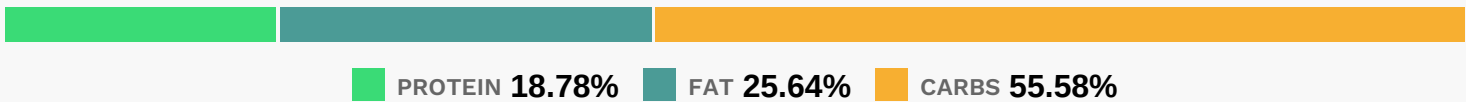
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil. Pulse the bread, garlic and parsley in a food processor to form moist, green crumbs.
- ☐ Cook the bucatini in the boiling water as the label directs. Reserve 1/4 cup cooking water, then drain.
- ☐ Meanwhile, melt the butter in a wide pot over medium heat.
- ☐ Add the prosciutto and shallots and cook until the shallots are tender and beginning to brown, about 6 minutes.
- ☐ Add half of the breadcrumbs and cook, stirring, 2 minutes.
- ☐ Add the wine and the reserved cooking water and cook, uncovered, until the liquid is almost completely reduced, about 2 minutes. Season with pepper.
- ☐ Add the mussels to the pot, cover and cook, shaking the pot occasionally, until the mussels open, about 6 minutes (discard any that do not open).
- ☐ Add the pasta and heat through, tossing to coat. Divide among bowls and top with the remaining breadcrumbs.

Nutrition Facts



Properties

Glycemic Index:75.69, Glycemic Load:43.41, Inflammation Score:-9, Nutrition Score:38.017825981845%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 709.16kcal (35.46%), Fat: 19.37g (29.8%), Saturated Fat: 8.27g (51.7%), Carbohydrates: 94.49g (31.5%), Net Carbohydrates: 89.7g (32.62%), Sugar: 6.26g (6.95%), Cholesterol: 64.32mg (21.44%), Sodium: 911.13mg (39.61%), Alcohol: 3.09g (100%), Alcohol %: 1.17% (100%), Protein: 31.94g (63.87%), Manganese: 5.06mg (253%), Vitamin K: 248.71µg (236.87%), Vitamin B12: 13.97µg (232.81%), Selenium: 116.54µg (166.48%), Phosphorus: 480.33mg (48.03%), Iron: 8.53mg (47.36%), Vitamin B1: 0.59mg (39.11%), Vitamin C: 30.94mg (37.5%), Folate: 141.18µg (35.3%), Vitamin A: 1717.67IU (34.35%), Vitamin B3: 6.16mg (30.79%), Magnesium: 112.65mg (28.16%), Vitamin B2: 0.48mg (27.96%), Zinc: 3.86mg (25.73%), Potassium: 816.78mg (23.34%), Copper: 0.46mg (22.98%), Fiber: 4.79g (19.16%), Vitamin B6: 0.37mg (18.28%), Vitamin B5: 1.34mg (13.37%), Calcium: 130mg (13%), Vitamin E: 1.28mg (8.56%), Vitamin D: 0.21µg (1.43%)