



HEALTH SCORE

84%

Chorizo-Mussel Noodle Bowl



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup cooking wine dry white
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.5 cup bell pepper green chopped
- ☐ 6 ounces pasta uncooked
- ☐ 2 pounds mussels scrubbed (60 mussels)

- ☐ 1 cup onion chopped
- ☐ 2 cups plum tomatoes chopped
- ☐ 0.3 teaspoon saffron threads crushed
- ☐ 4 ounces turkey kielbasa spanish cut into (1/2-inch-thick) slices

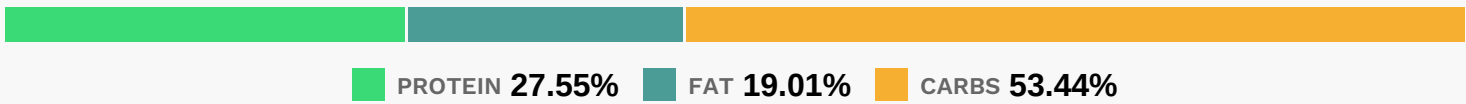
Equipment

- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain.
- ☐ While pasta cooks, heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion, bell pepper, sausage, and garlic to pan; saut 3 minutes.
- ☐ Add the saffron, and saut 4 minutes or until sausage is browned. Stir in tomatoes; cook 2 minutes.
- ☐ Add wine, black pepper, and broth; bring to a boil.
- ☐ Add mussels; cover and cook 4 minutes or until mussels open.
- ☐ Remove from heat; discard any unopened shells. Stir in parsley.
- ☐ Serve mussel mixture over pasta.

Nutrition Facts



Properties

Glycemic Index:86.5, Glycemic Load:17.38, Inflammation Score:-9, Nutrition Score:34.786086953205%

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: 0.92mg,

Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg

Nutrients (% of daily need)

Calories: 378.02kcal (18.9%), Fat: 7.48g (11.51%), Saturated Fat: 2.97g (18.53%), Carbohydrates: 47.29g (15.76%), Net Carbohydrates: 43.27g (15.73%), Sugar: 6.89g (7.66%), Cholesterol: 52.39mg (17.46%), Sodium: 752.25mg (32.71%), Alcohol: 3.09g (100%), Alcohol %: 0.78% (100%), Protein: 24.38g (48.77%), Vitamin B12: 14.08µg (234.64%), Manganese: 4.64mg (232.06%), Selenium: 81.44µg (116.34%), Vitamin K: 93.4µg (88.96%), Vitamin C: 55.89mg (67.75%), Phosphorus: 374.82mg (37.48%), Vitamin A: 1805.14IU (36.1%), Iron: 6.48mg (35.99%), Potassium: 925.87mg (26.45%), Folate: 92.43µg (23.11%), Magnesium: 88.02mg (22.01%), Vitamin B1: 0.31mg (20.9%), Vitamin B3: 4.08mg (20.4%), Vitamin B2: 0.34mg (19.99%), Zinc: 2.88mg (19.2%), Copper: 0.37mg (18.26%), Vitamin B6: 0.36mg (18.21%), Fiber: 4.02g (16.08%), Vitamin B5: 1.1mg (11.02%), Vitamin E: 1.44mg (9.59%), Calcium: 85.81mg (8.58%)