



Fettuccine with Mussels and Mushrooms



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



376 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup bell pepper rings red
- ☐ 0.3 teaspoon pepper black
- ☐ 14.5 ounce canned tomatoes whole undrained chopped canned
- ☐ 0.5 cup carrots thinly sliced
- ☐ 4 cups fettuccine barilla hot cooked uncooked (8 ounces pasta)
- ☐ 2 tablespoons cornmeal
- ☐ 0.5 teaspoon basil dried
- ☐ 0.5 cup cooking wine dry white

- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 clove garlic minced
- ☐ 1.5 cups low-salt chicken broth
- ☐ 3 cups mushrooms sliced
- ☐ 2 pounds mussels fresh scrubbed (48 mussels)
- ☐ 0.5 cup onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.1 teaspoon pepper flakes red crushed
- ☐ 0.5 teaspoon salt

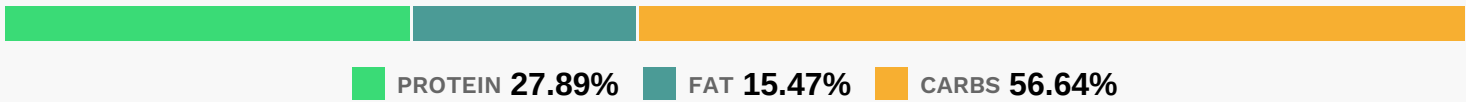
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Place mussels in a large bowl, and cover with cold water.
- ☐ Sprinkle with cornmeal; let stand 30 minutes.
- ☐ Drain and rinse.
- ☐ Combine mushrooms and next 12 ingredients (mushrooms through garlic) in a large Dutch oven; bring to a boil. Reduce heat, and simmer, uncovered, 3 minutes.
- ☐ Add mussels; cover and cook over medium-high heat 3 minutes or until mussels open. Discard any unopened shells.
- ☐ Spoon the fettuccine into shallow bowls; top with mushroom sauce and mussels.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:114.58, Glycemic Load:20.9, Inflammation Score:-10, Nutrition Score:44.280869914138%

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: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 376.45kcal (18.82%), Fat: 6.31g (9.71%), Saturated Fat: 1.26g (7.89%), Carbohydrates: 51.98g (17.33%), Net Carbohydrates: 45.69g (16.61%), Sugar: 10.07g (11.19%), Cholesterol: 62.26mg (20.75%), Sodium: 810.91mg (35.26%), Alcohol: 3.09g (100%), Alcohol %: 0.66% (100%), Protein: 25.6g (51.21%), Manganese: 4.7mg (234.88%), Vitamin B12: 14.09µg (234.83%), Selenium: 84.38µg (120.54%), Vitamin A: 4607.67IU (92.15%), Vitamin C: 75.55mg (91.58%), Vitamin K: 75.19µg (71.61%), Phosphorus: 469.65mg (46.97%), Iron: 8.02mg (44.58%), Vitamin B2: 0.7mg (40.97%), Vitamin B3: 8.11mg (40.56%), Copper: 0.72mg (36.05%), Potassium: 1245.01mg (35.57%), Folate: 114.11µg (28.53%), Vitamin B6: 0.56mg (28.04%), Vitamin B1: 0.41mg (27.55%), Magnesium: 109.56mg (27.39%), Fiber: 6.3g (25.18%), Vitamin B5: 2.47mg (24.67%), Zinc: 3.69mg (24.58%), Vitamin E: 2.93mg (19.55%), Calcium: 112.83mg (11.28%), Vitamin D: 0.25µg (1.65%)