



Fideos with Mussels



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup wine dry white
- ☐ 5 cups fish stock white
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 teaspoons garlic minced
- ☐ 3 pounds mussels scrubbed (preferably cultivated)
- ☐ 6 tablespoons olive oil extra virgin extra-virgin
- ☐ 1.3 cups onion chopped (1 large)
- ☐ 1 teaspoon salt

- ☐ 0.5 cup chorizo spanish finely chopped (cured spiced pork sausage; 2 oz)
- ☐ 1 pinch sugar
- ☐ 28 ounce tomatoes diced canned
- ☐ 1 bay leaves
- ☐ 10 ounces frangelico
- ☐ 10 ounces frangelico

Equipment

- ☐ bowl
- ☐ pot
- ☐ slotted spoon

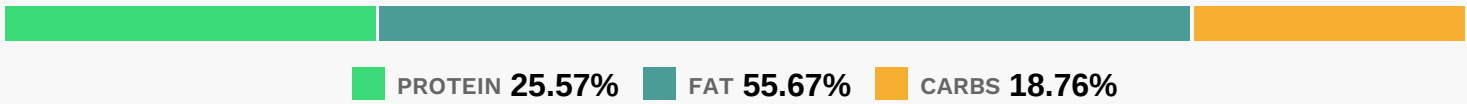
Directions

- ☐ Heat 1/4 cup oil in a wide 6-quart heavy pot over moderately low heat until hot but not smoking, then add fideos and cook, stirring frequently and turning over, until golden brown (nests will break up), 10 to 15 minutes.
- ☐ Transfer pasta with a slotted spoon to a bowl.
- ☐ Add 2/3 cup onion and 1 teaspoon garlic to oil remaining in pot and cook, stirring occasionally, until softened, 4 to 5 minutes, then stir in tomatoes with juice, 1/2 teaspoon salt, and sugar. Increase heat to moderately high and simmer, stirring frequently, until tomatoes have broken down into a very thick paste, about 25 minutes.
- ☐ While sofrito simmers, cook chorizo, bay leaf, and remaining 2/3 cup onion and 1 teaspoon garlic in remaining 2 tablespoons oil in an 8-quart heavy pot over moderate heat, stirring occasionally, until onion is softened, 4 to 5 minutes.
- ☐ Add wine and bring to a boil, then boil 5 minutes.
- ☐ Add stock and remaining 1/2 teaspoon salt and return to a boil, then add mussels. Cook, tightly covered, over moderate heat, until mussels open wide, 3 to 6 minutes. (Discard any mussels that remain unopened after 6 minutes.)
- ☐ Transfer mussels with a slotted spoon to a bowl. Discard bay leaf.
- ☐ Add mussel-cooking liquid and browned fideos to sofrito and boil, uncovered, stirring frequently, until pasta is tender and has absorbed most of liquid, 12 to 15 minutes.

- ☐
- Add mussels and 1 tablespoon parsley and cook, tossing, until mussels are heated through, 1to 2 minutes.

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Nutrition Facts



Properties

Glycemic Index:42.02, Glycemic Load:3.25, Inflammation Score:-7, Nutrition Score:28.563912889232%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 7.92mg, Quercetin: 7.92mg, Quercetin: 7.92mg, Quercetin: 7.92mg

Nutrients (% of daily need)

Calories: 354.85kcal (17.74%), Fat: 20.22g (31.1%), Saturated Fat: 3.58g (22.35%), Carbohydrates: 15.33g (5.11%), Net Carbohydrates: 13.33g (4.85%), Sugar: 5.41g (6.01%), Cholesterol: 38.27mg (12.76%), Sodium: 1558.89mg (67.78%), Alcohol: 4.12g (100%), Alcohol %: 0.94% (100%), Protein: 20.9g (41.8%), Vitamin B12: 14.08µg (234.72%), Manganese: 4.15mg (207.42%), Selenium: 53.74µg (76.77%), Iron: 6.83mg (37.96%), Phosphorus: 333.83mg (33.38%), Vitamin K: 34.97µg (33.31%), Vitamin C: 26.28mg (31.86%), Vitamin B3: 5.69mg (28.44%), Vitamin E: 3.87mg (25.83%), Potassium: 885.74mg (25.31%), Vitamin B2: 0.39mg (23.22%), Folate: 76.54µg (19.13%), Vitamin B1: 0.27mg (17.74%), Copper: 0.32mg (16.23%), Magnesium: 64.41mg (16.1%), Zinc: 2.38mg (15.83%), Vitamin B6: 0.3mg (15.08%), Calcium: 148.03mg (14.8%), Vitamin A: 495.77IU (9.92%), Vitamin B5: 0.81mg (8.07%), Fiber: 2g (7.99%)