



Italian-Style Mussels and Spaghettini

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



410 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14.5 ounce canned tomatoes diced italian-style undrained canned
- ☐ 0.5 cup bottled clam juice
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 1 pound mussels rinsed
- ☐ 2 tablespoons olive oil
- ☐ 8 ounces spaghetti uncooked

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6 ounce no-salt-added tomato paste canned

Equipment

☐

bowl

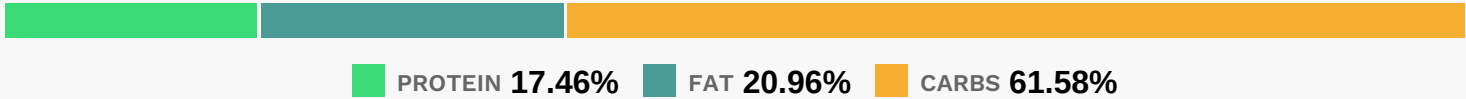
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dutch oven

Directions

- ☐
- Cook pasta according to package directions, omitting salt and fat.
- ☐
- Heat oil in a Dutch oven over medium heat.
- ☐
- Add garlic; saut for 4 minutes.
- ☐
- Add the clam juice, red pepper, and tomatoes. Bring to a boil. Reduce heat; simmer, uncovered, 5 minutes.
- ☐
- Add mussels; cover and cook 3 minutes or until shells open. Discard any unopened shells. Stir in tomato paste, and cook for 2 minutes, uncovered, or until sauce thickens.
- ☐
- Drain pasta, and place into each of 4 bowls. Top with mussels and sauce.
- ☐
- Serve with parsley.

Nutrition Facts



Properties

Glycemic Index:59.25, Glycemic Load:23.34, Inflammation Score:-8, Nutrition Score:33.023043632507%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 410.09kcal (20.5%), Fat: 9.76g (15.02%), Saturated Fat: 1.46g (9.14%), Carbohydrates: 64.54g (21.51%), Net Carbohydrates: 58.68g (21.34%), Sugar: 12.26g (13.63%), Cholesterol: 16.19mg (5.4%), Sodium: 752.25mg (32.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.29g (36.59%), Manganese: 2.87mg (143.52%), Vitamin B12: 6.95µg (115.81%), Selenium: 65.19µg (93.12%), Vitamin K: 76.31µg (72.67%), Vitamin C: 30.8mg (37.33%), Iron: 6.01mg

(33.41%), Potassium: 1105.44mg (31.58%), Vitamin E: 4.61mg (30.75%), Phosphorus: 299.67mg (29.97%), Copper: 0.59mg (29.29%), Vitamin A: 1359.27IU (27.19%), Fiber: 5.86g (23.44%), Magnesium: 92.42mg (23.1%), Vitamin B3: 4.61mg (23.03%), Vitamin B6: 0.42mg (20.83%), Vitamin B1: 0.26mg (17.46%), Vitamin B2: 0.29mg (16.8%), Zinc: 2.37mg (15.83%), Folate: 61.15µg (15.29%), Vitamin B5: 0.94mg (9.38%), Calcium: 90.65mg (9.06%)