



Linguine and Mussels Marinara

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound farm-raised mussels fresh
- 0.3 cup basil fresh chopped
- 8 ounces pasta uncooked
- 2 cups chunky pasta sauce low-fat
- 0.3 teaspoon pepper flakes red crushed

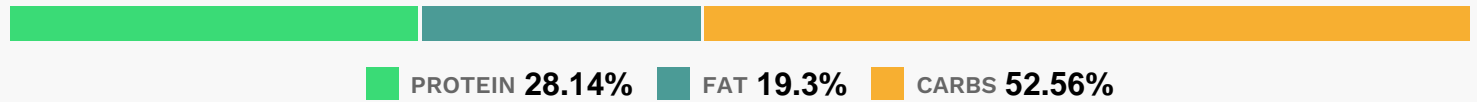
Equipment

- bowl
- frying pan

Directions

- Cook pasta according to package directions, omitting salt and fat.
- While pasta cooks, rinse mussels in cold water; remove beards on mussels, and scrub shells with a brush. Discard opened or cracked mussels.
- Combine mussels, pasta sauce, and red pepper flakes in a large deep skillet. Cover and bring to a simmer over medium heat; cook 5 minutes or until mussels open. (Discard any unopened mussels.)
- Place 3/4 cup drained pasta into each of 4 bowls. Top evenly with mussels and sauce; sprinkle with basil.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:19.13, Inflammation Score:-6, Nutrition Score:18.791739018067%

Nutrients (% of daily need)

Calories: 375.39kcal (18.77%), Fat: 7.99g (12.29%), Saturated Fat: 1.7g (10.6%), Carbohydrates: 48.94g (16.31%), Net Carbohydrates: 45.22g (16.45%), Sugar: 5.89g (6.54%), Cholesterol: 62.37mg (20.79%), Sodium: 697.29mg (30.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.2g (52.4%), Selenium: 45.9µg (65.57%), Vitamin B12: 3.27µg (54.43%), Phosphorus: 372.78mg (37.28%), Manganese: 0.69mg (34.37%), Potassium: 839.59mg (23.99%), Vitamin B3: 4.59mg (22.96%), Vitamin B6: 0.38mg (19.01%), Vitamin E: 2.8mg (18.7%), Magnesium: 71.12mg (17.78%), Copper: 0.35mg (17.4%), Fiber: 3.72g (14.88%), Vitamin B5: 1.39mg (13.87%), Vitamin A: 647.75IU (12.95%), Iron: 2.24mg (12.46%), Vitamin B2: 0.21mg (12.36%), Vitamin K: 12.23µg (11.64%), Zinc: 1.63mg (10.87%), Vitamin C: 8.85mg (10.72%), Folate: 33.63µg (8.41%), Vitamin B1: 0.1mg (6.93%), Calcium: 41.2mg (4.12%), Vitamin D: 0.23µg (1.51%)