



Linguine and Mussels Marinara

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 8 ounces pasta uncooked
- ☐ 1.5 pounds mussels scrubbed (24 mussels)
- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup shallots chopped
- ☐ 26 ounce tomato-basil pasta sauce

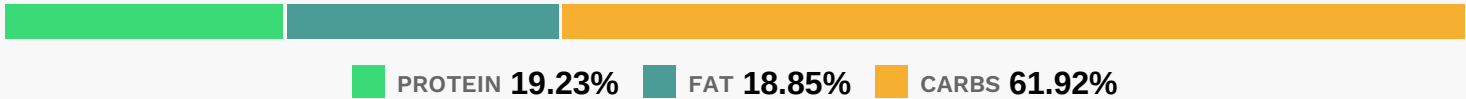
Equipment

- ☐ bowl
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Cook linguine according to package directions, omitting salt and fat.
- ☐ Heat oil in a Dutch oven over medium heat.
- ☐ Add shallots and garlic; cook 5 minutes, stirring occasionally.
- ☐ Add pasta sauce and red pepper. Reduce heat; simmer, uncovered, 5 minutes. Stir in mussels; cover and simmer 6 to 8 minutes or until shells open.
- ☐ Remove mussels from heat; discard any unopened shells.
- ☐ Divide linguine evenly among 4 bowls.
- ☐ Place mussels over linguine, and ladle marinara sauce over mussels.
- ☐ Sprinkle with basil.

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:19.58, Inflammation Score:-8, Nutrition Score:26.798695502074%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 452.79kcal (22.64%), Fat: 9.29g (14.3%), Saturated Fat: 1.52g (9.52%), Carbohydrates: 68.68g (22.89%), Net Carbohydrates: 60.19g (21.89%), Sugar: 16.37g (18.19%), Cholesterol: 24.29mg (8.1%), Sodium: 951.19mg (41.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.33g (42.67%), Manganese: 3.57mg (178.68%), Vitamin B12: 10.41µg (173.5%), Selenium: 75.2µg (107.43%), Fiber: 8.48g (33.94%), Iron: 5.6mg (31.09%), Potassium: 1074.89mg (30.71%), Phosphorus: 293.77mg (29.38%), Vitamin A: 1398.6IU (27.97%), Vitamin C: 18.1mg (21.94%),

Magnesium: 65.39mg (16.35%), Zinc: 2.31mg (15.38%), Copper: 0.28mg (13.78%), Vitamin B1: 0.21mg (13.72%),
Folate: 54.48µg (13.62%), Vitamin B2: 0.23mg (13.25%), Vitamin B3: 2.44mg (12.22%), Vitamin B6: 0.22mg (10.9%),
Calcium: 106.94mg (10.69%), Vitamin K: 8.02µg (7.64%), Vitamin B5: 0.75mg (7.5%), Vitamin E: 0.94mg (6.29%)