



Linguine with Butternut Squash, Spinach, and Mussels

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



470 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10 ounce baby spinach leaves fresh
- ☐ 0.5 cup bottled clam juice
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 large garlic cloves minced
- ☐ 8 ounces pasta
- ☐ 2 pounds mussels scrubbed
- ☐ 3 tablespoons olive oil extra-virgin divided for drizzling

- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 2 large shallots chopped

Equipment

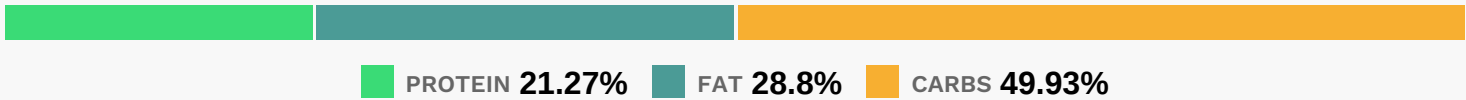
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ tongs

Directions

- ☐ Preheat oven to 400°F.
- ☐ Place squash cubes on rimmed baking sheet.
- ☐ Sprinkle with salt and pepper, then pour 1 tablespoon olive oil over and toss to coat. Roast 10 minutes. Turn squash over; continue roasting until tender, about 20 minutes longer. DO AHEAD: Can be made 4 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Bring wine, shallots, garlic, and crushed red pepper to boil in large skillet.
- ☐ Add mussels; cover and cook until mussels open, 2 to 3 minutes (discard any mussel that do not open).
- ☐ Transfer mussels to large bowl. Cover liquid in skillet and set aside.
- ☐ Remove mussels from shells; discard shells.
- ☐ Pour clam juice and any accumulated juices from mussels into liquid in skillet. Bring to boil; reduce heat to medium and simmer until reduced to 1/2 cup, about 5 minutes.
- ☐ Whisk in 2 tablespoons oil. Cover; set aside.
- ☐ Meanwhile, cook linguine in large pot of boiling salted water until tender but still firm to bite, stirring occasionally.
- ☐ Using tongs, transfer pasta to skillet with juices, reserving pasta cooking liquid in pot.

- ☐ Add mussels and squash to skillet;toss.
- ☐ Add spinach to pasta cooking liquid;let stand 1 minute to wilt.
- ☐ Drain spinach.
- ☐ Divide wilted spinach among 4 wideshallow bowls. Divide linguine, squash,mussels, and sauce among bowls.
- ☐ Drizzlewith oil and serve.
- ☐ Crisp, citrusy Mönchhof2007 Estate Riesling, Germany (\$15).
- ☐ Per serving: Calories 505, Total fat 14g, Saturated Fat 2g, Cholesterol 31mg, Sodium 765mg, Carbohydrate 67g, Fiber 6g, Protein 28g
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:20.24, Inflammation Score:-10, Nutrition Score:39.945217464281%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 469.68kcal (23.48%), Fat: 14.34g (22.06%), Saturated Fat: 2.15g (13.45%), Carbohydrates: 55.92g (18.64%), Net Carbohydrates: 51.91g (18.88%), Sugar: 4.1g (4.55%), Cholesterol: 32.39mg (10.8%), Sodium: 504.82mg (21.95%), Alcohol: 3.09g (100%), Alcohol %: 1.2% (100%), Protein: 23.82g (47.65%), Vitamin K: 349.32µg (332.69%), Manganese: 5.2mg (259.94%), Vitamin B12: 13.89µg (231.48%), Vitamin A: 6949.73IU (138.99%), Selenium: 88.92µg (127.03%), Folate: 203.31µg (50.83%), Iron: 7.63mg (42.39%), Vitamin C: 32.12mg (38.93%), Phosphorus: 388.95mg (38.89%), Magnesium: 133.22mg (33.3%), Potassium: 992.41mg (28.35%), Vitamin E: 3.78mg (25.22%), Vitamin B2: 0.43mg (25.02%), Zinc: 3.16mg (21.09%), Vitamin B1: 0.31mg (20.68%), Copper:

0.39mg (19.62%), Vitamin B6: 0.38mg (18.83%), Vitamin B3: 3.49mg (17.46%), Fiber: 4.01g (16.04%), Calcium: 125.48mg (12.55%), Vitamin B5: 0.95mg (9.54%)