



Linguine with Mussels

READY IN



35 min.

SERVINGS



2

CALORIES



623 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black
- 0.5 bell pepper red thinly sliced
- 6 oz pasta dried
- 2 tablespoons butter unsalted
- 3 tablespoons cup heavy whipping cream
- 1 lb mussels scrubbed
- 2 medium shallots finely chopped
- 1 large garlic clove minced
- 1 rib celery stalks thinly sliced

- 0.8 teaspoon salt
- 3 tablespoons parsley fresh chopped

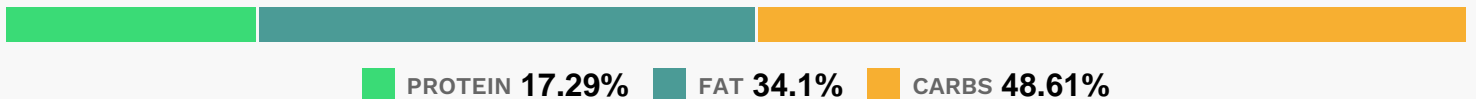
Equipment

- bowl
- frying pan
- pot
- colander

Directions

- Cook shallots in butter in a 12-inch heavy skillet over moderate heat, stirring, until shallots are softened, about 5 minutes. Stir in garlic, bell pepper, and celery and cook, stirring occasionally, until pepper and celery are just tender, about 4 minutes.
- Add mussels and cook over moderately high heat, covered, until they just open, 4 to 6 minutes, checking periodically after 4 minutes and transferring mussels as opened to a bowl. (Discard any unopened mussels after 6 minutes.)
- While sauce is cooking, cook linguine in a 6-quart pot of boiling salted water until al dente. Reserve 3/4 cup cooking water and drain linguine in a colander.
- Add linguine to skillet along with cream, salt, pepper, and 1/3 cup pasta cooking water and bring to a simmer.
- Add mussels and toss carefully, adding more cooking water if pasta seems dry.
- Serve immediately, sprinkled with parsley.

Nutrition Facts



Properties

Glycemic Index:140, Glycemic Load:29.29, Inflammation Score:-9, Nutrition Score:36.660435210104%

Flavonoids

Apigenin: 12.94mg, Apigenin: 12.94mg, Apigenin: 12.94mg, Apigenin: 12.94mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg

Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 622.71kcal (31.14%), Fat: 23.53g (36.2%), Saturated Fat: 13.13g (82.05%), Carbohydrates: 75.47g (25.16%), Net Carbohydrates: 71.02g (25.83%), Sugar: 6.23g (6.92%), Cholesterol: 87.91mg (29.3%), Sodium: 1223.83mg (53.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.84g (53.67%), Manganese: 4.89mg (244.45%), Vitamin B12: 13.94µg (232.33%), Selenium: 106.95µg (152.78%), Vitamin K: 102.54µg (97.66%), Vitamin C: 57.93mg (70.22%), Vitamin A: 2307.34IU (46.15%), Phosphorus: 434.04mg (43.4%), Iron: 6.56mg (36.43%), Magnesium: 98.96mg (24.74%), Folate: 96.78µg (24.2%), Zinc: 3.38mg (22.52%), Vitamin B2: 0.38mg (22.33%), Potassium: 774.85mg (22.14%), Vitamin B1: 0.31mg (20.43%), Copper: 0.4mg (20.19%), Vitamin B6: 0.38mg (19.24%), Vitamin B3: 3.75mg (18.76%), Fiber: 4.45g (17.79%), Vitamin B5: 1.22mg (12.22%), Vitamin E: 1.79mg (11.94%), Calcium: 90.32mg (9.03%), Vitamin D: 0.57µg (3.8%)