



Linguine with Mussels

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



517 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups pasta hot cooked uncooked (4 ounces pasta)
- ☐ 2 teaspoons cornstarch
- ☐ 1 cup vermouth dry
- ☐ 0.5 cup fennel bulb chopped
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 1 teaspoon thyme leaves fresh
- ☐ 2 garlic cloves minced
- ☐ 0.1 teaspoon ground pepper red

- ☐ 28 mussels fresh scrubbed
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup onion finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 cup tomatoes diced
- ☐ 1 tablespoon tomato paste
- ☐ 2 tablespoons water

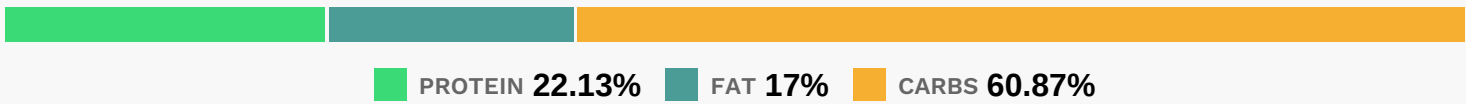
Equipment

- ☐ frying pan

Directions

- ☐ Heat the olive oil in a large nonstick skillet over medium heat.
- ☐ Add fennel, onion, and garlic; saute 5 minutes.
- ☐ Add tomato and next 6 ingredients (tomato through pepper); bring to a boil.
- ☐ Add mussels; cover and cook 3 minutes or until shells open.
- ☐ Remove the skillet from heat, and discard any unopened shells.
- ☐ Let mussels cool. Reserve 10 shells with meat intact.
- ☐ Remove the meat from remaining shells, and add meat to tomato mixture; discard shells.
- ☐ Combine water and cornstarch; add to tomato mixture. Bring to a boil over medium heat, and cook 2 minutes, stirring constantly. Spoon 1 cup pasta onto individual serving plates; top each with 1 cup sauce, and 5 mussels in shells.

Nutrition Facts



Properties

Glycemic Index:196.25, Glycemic Load:25.47, Inflammation Score:-10, Nutrition Score:34.456086822178%

Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 12.96mg, Apigenin: 12.96mg, Apigenin: 12.96mg, Apigenin: 12.96mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 1.05mg, Myricetin: 1.05mg, Myricetin: 1.05mg, Myricetin: 1.05mg Quercetin: 8.67mg, Quercetin: 8.67mg, Quercetin: 8.67mg, Quercetin: 8.67mg

Nutrients (% of daily need)

Calories: 517.08kcal (25.85%), Fat: 8.28g (12.74%), Saturated Fat: 1.38g (8.61%), Carbohydrates: 66.7g (22.23%), Net Carbohydrates: 61.06g (22.2%), Sugar: 6.39g (7.1%), Cholesterol: 31.99mg (10.66%), Sodium: 703.7mg (30.6%), Alcohol: 11.4g (100%), Alcohol %: 2.6% (100%), Protein: 24.24g (48.49%), Manganese: 4.63mg (231.73%), Vitamin B12: 13.71µg (228.48%), Selenium: 90.74µg (129.62%), Vitamin K: 121.69µg (115.9%), Vitamin C: 37.28mg (45.19%), Iron: 7.69mg (42.74%), Phosphorus: 365.9mg (36.59%), Vitamin A: 1560.55IU (31.21%), Potassium: 889.54mg (25.42%), Folate: 93.53µg (23.38%), Fiber: 5.64g (22.56%), Magnesium: 89.95mg (22.49%), Zinc: 2.98mg (19.86%), Vitamin B2: 0.33mg (19.3%), Copper: 0.38mg (19.15%), Vitamin B1: 0.28mg (18.45%), Vitamin B3: 3.41mg (17.05%), Vitamin B6: 0.31mg (15.62%), Vitamin E: 2.26mg (15.04%), Vitamin B5: 0.96mg (9.57%), Calcium: 88.69mg (8.87%)