



Linguine with Mussels and Fresh Herbs

READY IN



30 min.

SERVINGS



6

CALORIES



535 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup wine dry white
- ☐ 1 teaspoon fennel seeds
- ☐ 4 large garlic clove sliced
- ☐ 1.5 cups flat parsley chopped
- ☐ 1 pound pasta thin
- ☐ 2 pounds mussels scrubbed
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.5 cup parmesan grated
- ☐ 0.3 teaspoon pepper red hot

☐ 2 tablespoons butter unsalted

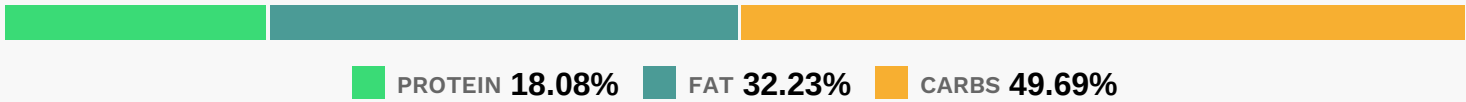
Equipment

☐ pot

Directions

- ☐ Heat oil and butter in a 5-to 6-quart heavy pot over medium heat until foam subsides. Cook garlic, fennel seeds, and red pepper flakes with 1/4 teaspoon each of salt and pepper, stirring, until garlic is softened, 3 to 4 minutes.
- ☐ Add wine and boil until reduced by half, 4 to 5 minutes.
- ☐ Add mussels and cook, covered, shaking pot occasionally, just until mussels open wide, 5 to 8 minutes. (Discard any that remain unopened after 8 minutes.)
- ☐ Remove from heat and keep warm.
- ☐ Meanwhile, cook linguine in a pasta pot of well-salted boiling water until al dente. Reserve 1/2 cup cooking water, then drain linguine.
- ☐ Toss linguine with mussels and any liquid from pot, cheese, and herbs. Thin with reserved cooking water if desired.
- ☐ Per serving: Calories 470, Total fat 17g, Saturated Fat 5g, Cholesterol 18mg, Sodium 250mg, Carbohydrate 59g, Fiber 3g, Protein 14g
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:32.67, Glycemic Load:24.68, Inflammation Score:-9, Nutrition Score:31.620869563973%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg,

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 535.04kcal (26.75%), Fat: 18g (27.69%), Saturated Fat: 5.57g (34.81%), Carbohydrates: 62.43g (20.81%), Net Carbohydrates: 59.32g (21.57%), Sugar: 2.63g (2.92%), Cholesterol: 37.29mg (12.43%), Sodium: 371.67mg (16.16%), Alcohol: 4.12g (100%), Alcohol %: 2.25% (100%), Protein: 22.72g (45.44%), Vitamin K: 252.32µg (240.31%), Manganese: 3.44mg (172.21%), Vitamin B12: 9.36µg (156.02%), Selenium: 84.6µg (120.86%), Phosphorus: 374.58mg (37.46%), Vitamin C: 26.81mg (32.5%), Vitamin A: 1594.02IU (31.88%), Iron: 5.3mg (29.43%), Magnesium: 83.45mg (20.86%), Zinc: 2.78mg (18.54%), Folate: 70µg (17.5%), Calcium: 167.98mg (16.8%), Copper: 0.33mg (16.43%), Potassium: 551.01mg (15.74%), Vitamin B2: 0.26mg (15.38%), Vitamin B1: 0.22mg (14.36%), Vitamin B3: 2.83mg (14.14%), Vitamin E: 2.08mg (13.84%), Fiber: 3.12g (12.47%), Vitamin B6: 0.22mg (10.76%), Vitamin B5: 0.84mg (8.45%)