



HEALTH SCORE

100%

Marinara Sauce with Mussels and Parsley



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



578 kcal

SAUCE

Ingredients

- ☐ 28 ounce canned tomatoes diced whole undrained canned
- ☐ 0.5 cup flat-leaf parsley fresh chopped
- ☐ 4 cloves garlic thinly sliced
- ☐ 1 teaspoon kosher salt
- ☐ 16 ounces pasta
- ☐ 1 pound mussels cleaned
- ☐ 1 tablespoon olive oil
- ☐ 1.5 teaspoons oregano dried

- ☐ 0.3 teaspoon pepper flakes red
- ☐ 1 teaspoon sugar

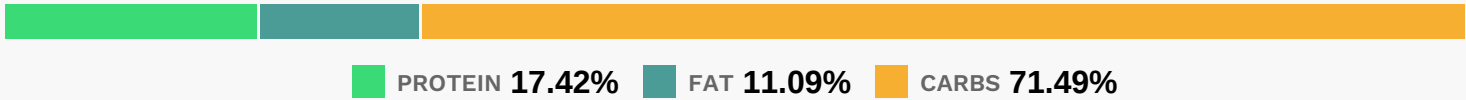
Equipment

- ☐ pot
- ☐ wooden spoon

Directions

- ☐ Heat the oil in a large pot over medium heat.
- ☐ Add the garlic and cook until golden but not browned, about 1 minute.
- ☐ Add the tomatoes and their juices, red pepper, oregano, salt, and sugar. Bring to a boil. Reduce heat to medium-low and simmer (crushing the tomatoes with the back of a wooden spoon if using whole tomatoes) until the sauce thickens slightly, about 20 minutes.
- ☐ Add the mussels. Cover and cook until the mussels open, 4 to 6 minutes.
- ☐ Remove and discard any that don't open. Meanwhile, cook the linguine according to the package directions.
- ☐ Add the linguine and the parsley to the sauce and toss.

Nutrition Facts



Properties

Glycemic Index:66.77, Glycemic Load:40.23, Inflammation Score:-9, Nutrition Score:37.780869691268%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 578.25kcal (28.91%), Fat: 7.19g (11.06%), Saturated Fat: 1.15g (7.18%), Carbohydrates: 104.32g (34.77%), Net Carbohydrates: 96.25g (35%), Sugar: 12.89g (14.32%), Cholesterol: 16.19mg (5.4%), Sodium: 1022.55mg (44.46%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.42g (50.84%), Manganese: 3.47mg (173.63%), Selenium: 99.27µg (141.81%), Vitamin K: 140.64µg (133.94%), Vitamin B12: 6.94µg (115.67%), Vitamin C: 33.81mg (40.99%), Phosphorus: 402.18mg (40.22%), Iron: 7.18mg (39.87%), Copper: 0.77mg (38.6%), Fiber: 8.07g (32.29%), Magnesium: 126.18mg (31.54%), Potassium: 1085.03mg (31%), Vitamin B3: 5.45mg (27.23%), Vitamin B6: 0.54mg (27.1%), Vitamin E: 3.67mg (24.47%), Vitamin A: 1201.08IU (24.02%), Vitamin B1: 0.36mg (23.83%), Zinc: 3.2mg (21.35%), Folate: 83.8µg (20.95%), Vitamin B2: 0.31mg (18.16%), Vitamin B5: 1.39mg (13.85%), Calcium: 134.9mg (13.49%)