



 **100%**  
HEALTH SCORE

## Mussels alla Diavola

 Dairy Free  Very Healthy

READY IN



**35 min.**

SERVINGS



**6**

CALORIES



**454 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 28 ounce canned tomatoes whole canned
- 1.3 ounces bottled capers drained
- 6 servings chives for garnish
- 1 teaspoon basil dried crumbled
- 0.3 cup cooking wine dry red
- 0.3 cup garlic cloves minced
- 3 ounces kalamata black pitted chopped
- 3 pounds mussels cleaned (preferably cultivated) (see Cooks' Note)

- 0.5 cup olive oil
- 2 teaspoons oregano dried crumbled
- 1.5 teaspoons pepper flakes dried red hot
- 0.5 pound squid ink linguine
- 0.5 pound sun-dried tomato linguine dried
- 2 tablespoons tomato paste

## Equipment

- bowl
- frying pan
- knife
- pot
- colander

## Directions

- Cook garlic and red pepper flakes in oil in a deep 12-inch heavy skillet over moderate heat, stirring, until fragrant but not browned, about 2 minutes.
- Add tomatoes with puree, tomato paste, herbs, capers, olives, and wine and simmer, uncovered, stirring occasionally and breaking up tomatoes, until sauce is thick, about 15 minutes.
- Cook linguine in a 6 to 8-quart pot of boiling salted water until al dente, then drain in a colander.
- While pasta cooks, increase heat under sauce to moderately high and add mussels, then cook, covered, until mussels just open wide, checking frequently after 3 minutes and transferring to a bowl. (Discard any mussels that remain unopened after 6 minutes.)
- Serve linguine with mussels and sauce and garnish with chives.
- Cooks' Note: Just before cooking, clean mussels by scrubbing them well with a brush under cold water and scraping off any barnacles with a knife. If beard is still attached, remove it by pulling it from tip to hinge or by pulling and cutting it off with knife. The tomato sauce, without mussels, can be made 2 days ahead and chilled, covered.

## Nutrition Facts

PROTEIN 22.87% FAT 20.35% CARBS 56.78%

## Properties

Glycemic Index:40.5, Glycemic Load:10.85, Inflammation Score:-9, Nutrition Score:39.939565285392%

## Flavonoids

Petunidin: 0.44mg, Petunidin: 0.44mg, Petunidin: 0.44mg, Petunidin: 0.44mg Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg Malvidin: 3.5mg, Malvidin: 3.5mg, Malvidin: 3.5mg, Malvidin: 3.5mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 7.88mg, Kaempferol: 7.88mg, Kaempferol: 7.88mg, Kaempferol: 7.88mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 10.45mg, Quercetin: 10.45mg, Quercetin: 10.45mg, Quercetin: 10.45mg

## Nutrients (% of daily need)

Calories: 453.9kcal (22.7%), Fat: 10.75g (16.54%), Saturated Fat: 1.61g (10.05%), Carbohydrates: 67.52g (22.51%), Net Carbohydrates: 57.77g (21.01%), Sugar: 22.29g (24.77%), Cholesterol: 32.39mg (10.8%), Sodium: 995.39mg (43.28%), Alcohol: 1.4g (100%), Alcohol %: 0.45% (100%), Protein: 27.19g (54.39%), Manganese: 5.08mg (254.07%), Vitamin B12: 13.88µg (231.33%), Selenium: 56.39µg (80.56%), Iron: 11.91mg (66.17%), Potassium: 2172.51mg (62.07%), Vitamin C: 40.62mg (49.24%), Copper: 0.98mg (49.15%), Phosphorus: 425.43mg (42.54%), Fiber: 9.75g (39.01%), Magnesium: 150.9mg (37.73%), Vitamin B3: 7.28mg (36.4%), Vitamin K: 37.6µg (35.81%), Vitamin B1: 0.51mg (33.97%), Vitamin B2: 0.53mg (31.39%), Vitamin E: 3.97mg (26.48%), Vitamin B6: 0.51mg (25.69%), Folate: 97.42µg (24.35%), Vitamin A: 1150.1IU (23%), Zinc: 3.16mg (21.08%), Vitamin B5: 1.81mg (18.08%), Calcium: 158.95mg (15.89%)