



HEALTH SCORE

95%

Mussels Fra Diavolo with Linguine



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper red crushed
- ☐ 1 cup fennel bulb chopped
- ☐ 0.3 cup flat-leaf parsley fresh coarsely chopped
- ☐ 2 tablespoons garlic minced
- ☐ 0.3 teaspoon kosher salt
- ☐ 8 ounces pasta uncooked
- ☐ 1 cup lower-sodium marinara sauce
- ☐ 1.5 pounds mussels scrubbed (40)

- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion chopped

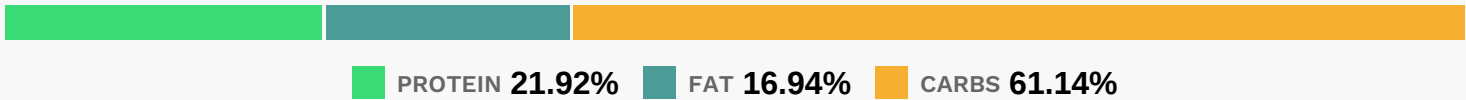
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ colander

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain pasta in a colander over a bowl, reserving 3/4 cup pasta water.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add fennel and onion to pan; saut 3 minutes.
- ☐ Add garlic, pepper, and salt; saut 2 minutes, stirring constantly.
- ☐ Add reserved pasta water and marinara to pan; cook 1 minute.
- ☐ Add mussels; cover and cook 3 minutes or until shells open. Discard any unopened shells.
- ☐ Place 1 cup pasta in each of 4 shallow bowls. Top each serving with about 1 1/2 cups mussels mixture.
- ☐ Sprinkle evenly with parsley.

Nutrition Facts



Properties

Glycemic Index:67.75, Glycemic Load:20.9, Inflammation Score:-8, Nutrition Score:29.718695350315%

Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg,

Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 353.71kcal (17.69%), Fat: 6.65g (10.23%), Saturated Fat: 1.08g (6.75%), Carbohydrates: 53.99g (18%), Net Carbohydrates: 49.91g (18.15%), Sugar: 5.5g (6.11%), Cholesterol: 24.29mg (8.1%), Sodium: 708.28mg (30.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.36g (38.72%), Manganese: 3.68mg (184.1%), Vitamin B12: 10.41µg (173.5%), Selenium: 75.97µg (108.52%), Vitamin K: 79.67µg (75.88%), Phosphorus: 320.69mg (32.07%), Iron: 5.34mg (29.66%), Vitamin C: 21.56mg (26.13%), Potassium: 749.39mg (21.41%), Magnesium: 77.87mg (19.47%), Copper: 0.36mg (17.97%), Vitamin A: 861IU (17.22%), Folate: 67.75µg (16.94%), Zinc: 2.5mg (16.68%), Vitamin B2: 0.28mg (16.47%), Fiber: 4.09g (16.34%), Vitamin B3: 3.24mg (16.21%), Vitamin B1: 0.23mg (15.2%), Vitamin E: 2.23mg (14.87%), Vitamin B6: 0.28mg (13.95%), Vitamin B5: 0.98mg (9.85%), Calcium: 72.07mg (7.21%)