



## Mussels in Red Sauce

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



6

CALORIES



125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 28 ounce canned tomatoes crushed undrained canned
- 0.3 teaspoon pepper red crushed
- 2 tablespoons flat-leaf parsley fresh chopped
- 1 garlic clove chopped
- 2 pounds mussels scrubbed
- 1.5 teaspoons olive oil
- 0.3 cup onion finely chopped
- 1.5 tablespoons oregano fresh chopped

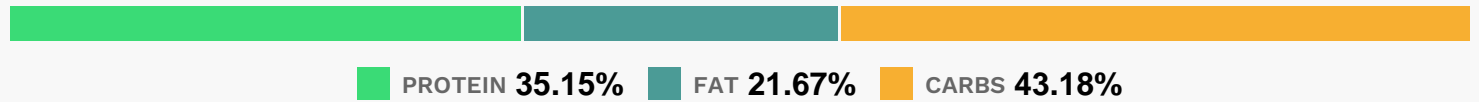
# Equipment

dutch oven

# Directions

- Heat oil in a large Dutch oven over medium-high heat.
- Add onion; saut 3 minutes or until tender.
- Add garlic; saut 1 minute. Stir in tomatoes; partially cover, reduce heat, and simmer 30 minutes.
- Add parsley and remaining ingredients; cook 5 minutes or until shells open, stirring occasionally.
- Remove from heat; discard any unopened shells.

# Nutrition Facts



# Properties

Glycemic Index:30.33, Glycemic Load:4.35, Inflammation Score:-9, Nutrition Score:23.989565248075%

# Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

# Nutrients (% of daily need)

Calories: 124.93kcal (6.25%), Fat: 3.18g (4.9%), Saturated Fat: 0.55g (3.41%), Carbohydrates: 14.27g (4.76%), Net Carbohydrates: 11.02g (4.01%), Sugar: 6.18g (6.86%), Cholesterol: 21.59mg (7.2%), Sodium: 397.97mg (17.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.61g (23.23%), Vitamin B12: 9.25µg (154.22%), Manganese: 2.95mg (147.34%), Selenium: 35.52µg (50.74%), Vitamin K: 37.45µg (35.67%), Iron: 5.35mg (29.73%), Vitamin C: 20.79mg (25.2%), Phosphorus: 199.82mg (19.98%), Potassium: 670.9mg (19.17%), Vitamin E: 2.49mg (16.62%), Copper: 0.33mg (16.47%), Vitamin B1: 0.23mg (15.35%), Vitamin B3: 2.95mg (14.73%), Magnesium: 57.63mg (14.41%), Vitamin B2: 0.24mg (14.22%), Folate: 55.88µg (13.97%), Vitamin B6: 0.27mg (13.36%), Fiber: 3.24g (12.97%), Vitamin A: 566.29IU (11.33%), Zinc: 1.66mg (11.06%), Calcium: 89.56mg (8.96%), Vitamin B5: 0.78mg (7.82%)