Mussels in Tomato Sauce

Dairy Free Very Healthy

READY IN	SERVINGS	CALORIES
40 min.	8	108 kcal

ANTIPASTI STARTER SNACK APPETIZER

Ingredients

- [ ] 0.5 cup cooking wine dry red
- [ ] 1.5 ounce bread french
- [ ] 2 tablespoons parsley fresh chopped
- [ ] 3 tablespoons garlic minced
- [ ] 2 pounds mussels fresh
- [ ] 29 ounce no-salt-added tomatoes diced undrained canned
- [ ] 2 teaspoons olive oil
- [ ] 0.5 teaspoon pepper dried red crushed

- [ ] 0.5 teaspoon salt
- [ ] 1 cup water

Equipment

- [ ] frying pan

Directions

- [ ] Remove beards on mussels, and scrub shells with a brush. Discard opened, cracked, or heavy mussels (they're filled with sand). Set remaining mussels asideM1
- [ ] Coat a large nonstick skillet with cooking spray; add oil.
- [ ] Place over medium-high heat until hot.
- [ ] Add garlic; saute 1 minute.
- [ ] Add tomato, water, and wine; bring to a boil. Reduce heat; simmer, uncovered, 20 minutes. Stir in chopped parsley, salt, and pepper.
- [ ] Add mussels. Cover and cook 5 minutes or until mussels open; discard unopened mussels.
- [ ] Garnish with parsley sprigs, if desired.
- [ ] Serve with French bread.

Nutrition Facts

PROTEIN **34.21%** FAT **23.51%** CARBS **42.28%**

Properties

Glycemic Index:24.06, Glycemic Load:3.48, Inflammation Score:-5, Nutrition Score:18.848695692809%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 108.14kcal (5.41%), Fat: 2.6g (4%), Saturated Fat: 0.44g (2.73%), Carbohydrates: 10.51g (3.5%), Net Carbohydrates: 9.23g (3.36%), Sugar: 2.74g (3.04%), Cholesterol: 16.19mg (5.4%), Sodium: 357.64mg (15.55%), Alcohol: 1.58g (100%), Alcohol %: 0.92% (100%), Protein: 8.51g (17.01%), Vitamin B12: 6.94µg (115.67%), Manganese: 2.13mg (106.38%), Selenium: 27.99µg (39.98%), Iron: 3.63mg (20.17%), Vitamin C: 16.45mg (19.94%), Vitamin K: 20.26µg (19.3%), Phosphorus: 144.58mg (14.46%), Vitamin B1: 0.18mg (12.25%), Vitamin B2: 0.21mg (12.12%), Potassium: 404.53mg (11.56%), Folate: 40.69µg (10.17%), Vitamin B3: 1.96mg (9.81%), Vitamin B6: 0.19mg (9.47%), Magnesium: 34.4mg (8.6%), Vitamin E: 1.23mg (8.2%), Zinc: 1.18mg (7.86%), Copper: 0.15mg (7.5%), Vitamin A: 334.34IU (6.69%), Calcium: 57.87mg (5.79%), Fiber: 1.28g (5.14%), Vitamin B5: 0.45mg (4.51%)