

Mussels Marinara

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 bunch basil leaves
- 2 cans beer (your choice)
- 6 cloves garlic minced fine
- 3 tablespoons kosher salt
- 2 cups tomatoes
- 96 mussels scrubbed well
- 1 cup olive oil
- 4 tablespoons irvine spice supreme salad and pasta mix seasoning

- 3 tablespoons cracked pepper black
- 2 onions red chopped fine
- 8 tomatoes fresh finely chopped

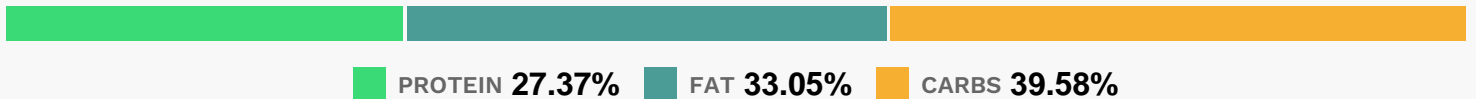
Equipment

- bowl
- pot

Directions

- Heat oil in a large stockpot. Gently saute onions and garlic until golden brown, being careful not to burn them.
- Add mussels to pot along with beer, marinara sauce, salt, pepper, and pasta seasoning, and top off with fresh chopped tomatoes and fresh basil. Cover pot and simmer until mussels open.
- Remove mussels to serving platter, discarding any that do not open. Spoon sauce around mussels and put extra sauce in a serving bowl to be used for dipping crusty bread or serving over a side of pasta.

Nutrition Facts



Properties

Glycemic Index:41.56, Glycemic Load:6.45, Inflammation Score:-9, Nutrition Score:27.075652060301%

Flavonoids

Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg Gallic acid: 0.07mg, Gallic acid: 0.07mg, Gallic acid: 0.07mg, Gallic acid: 0.07mg

Nutrients (% of daily need)

Calories: 252.76kcal (12.64%), Fat: 8.28g (12.74%), Saturated Fat: 1.27g (7.91%), Carbohydrates: 22.32g (7.44%), Net Carbohydrates: 18.55g (6.74%), Sugar: 7.05g (7.83%), Cholesterol: 27.42mg (9.14%), Sodium: 3304.95mg (143.69%), Alcohol: 3.47g (100%), Alcohol %: 0.99% (100%), Protein: 15.43g (30.85%), Vitamin B12: 11.77µg (196.14%), Manganese: 3.91mg (195.73%), Selenium: 45.35µg (64.78%), Vitamin C: 31.97mg (38.75%), Vitamin A: 1542.76IU (30.86%), Iron: 5.39mg (29.96%), Phosphorus: 266.67mg (26.67%), Potassium: 910.42mg (26.01%), Folate: 90.66µg (22.66%), Vitamin K: 20.69µg (19.7%), Vitamin E: 2.9mg (19.31%), Vitamin B2: 0.31mg (17.96%), Magnesium: 68.9mg (17.22%), Vitamin B3: 3.44mg (17.19%), Vitamin B1: 0.24mg (16.07%), Vitamin B6: 0.32mg (15.83%), Fiber: 3.77g (15.08%), Copper: 0.29mg (14.54%), Zinc: 2.03mg (13.53%), Vitamin B5: 0.9mg (9.05%), Calcium: 75.66mg (7.57%)