



Mussels Marinara

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings garnish: basil fresh chopped
- ☐ 28 ounce canned tomatoes whole italian undrained canned
- ☐ 5 large basil leaves fresh coarsely chopped
- ☐ 5 large garlic cloves minced
- ☐ 4 servings bread italian
- ☐ 2 pounds mussels fresh
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon pepper

- ☐ 4 servings try build-a-meal
- ☐ 0.3 teaspoon salt
- ☐ 6 ounce pkt spinach fresh

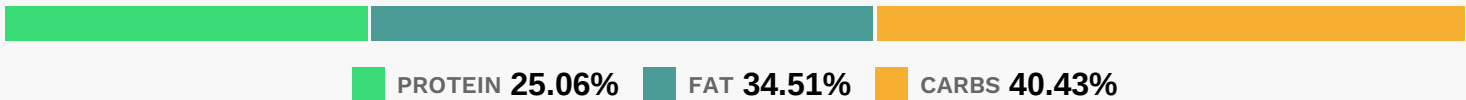
Equipment

- ☐ dutch oven

Directions

- ☐ Scrub mussels thoroughly with a scrub brush, removing beards. Discard any opened shells.Saut garlic in hot oil in a Dutch oven over medium heat 1 to 2 minutes.
- ☐ Add tomatoes, chopped basil, and next 2 ingredients; simmer, stirring occasionally, 5 minutes.
- ☐ Add mussels and spinach; cook, covered, 5 minutes or until all mussels have opened.
- ☐ Remove from heat.
- ☐ Serve with Italian bread.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:80.5, Glycemic Load:6.78, Inflammation Score:-10, Nutrition Score:41.148260904395%

Flavonoids

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 311.75kcal (15.59%), Fat: 12.44g (19.14%), Saturated Fat: 4.72g (29.52%), Carbohydrates: 32.79g (10.93%), Net Carbohydrates: 27.01g (9.82%), Sugar: 15.15g (16.83%), Cholesterol: 32.39mg (10.8%), Sodium: 846.7mg (36.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.33g (40.65%), Manganese: 4.85mg (242.6%), Vitamin B12: 13.88µg (231.33%), Vitamin K: 227.93µg (217.08%), Vitamin A: 4732.23IU (94.64%), Selenium: 54.49µg (77.84%), Vitamin C: 41.08mg (49.79%), Iron: 8.95mg (49.74%), Folate: 171.46µg (42.86%), Potassium: 1263.69mg (36.11%), Phosphorus: 333.26mg (33.33%), Magnesium: 121.25mg (30.31%), Vitamin E: 4.31mg (28.71%), Vitamin B3:

5.59mg (27.94%), Copper: 0.56mg (27.84%), Vitamin B1: 0.41mg (27.1%), Vitamin B2: 0.45mg (26.69%), Vitamin B6: 0.49mg (24.66%), Fiber: 5.78g (23.13%), Zinc: 2.77mg (18.49%), Calcium: 152.08mg (15.21%), Vitamin B5: 1.2mg (12.02%)