



Mussels Marinara

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings top cooked
- ☐ 3 cups slow cooker marinara
- ☐ 4 pounds debearded mussels scrubbed

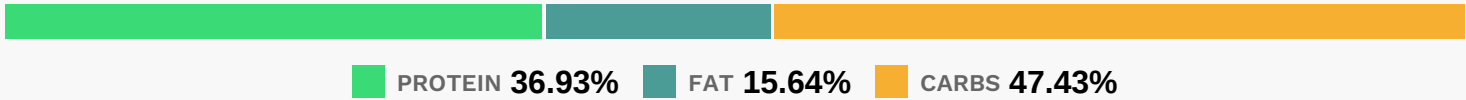
Equipment

- ☐ frying pan

Directions

- ☐ Bring marinara to a simmer in a large skillet.
- ☐ Add mussels; cover and cook 5 minutes or until shells open.
- ☐ Serve with crusty bread or over cooked spaghetti.

Nutrition Facts



Properties

Glycemic Index:35.88, Glycemic Load:19.4, Inflammation Score:-9, Nutrition Score:35.8739130186%

Nutrients (% of daily need)

Calories: 377.35kcal (18.87%), Fat: 6.52g (10.04%), Saturated Fat: 1.21g (7.55%), Carbohydrates: 44.52g (14.84%), Net Carbohydrates: 40.24g (14.63%), Sugar: 7.02g (7.8%), Cholesterol: 64.77mg (21.59%), Sodium: 1533.43mg (66.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.66g (69.33%), Vitamin B12: 27.76µg (462.66%), Manganese: 8.34mg (416.78%), Selenium: 127.18µg (181.68%), Iron: 11.99mg (66.61%), Phosphorus: 554.64mg (55.46%), Vitamin C: 31.37mg (38.02%), Potassium: 1323.4mg (37.81%), Vitamin B2: 0.62mg (36.6%), Magnesium: 121.52mg (30.38%), Zinc: 4.54mg (30.26%), Folate: 119.65µg (29.91%), Vitamin B3: 5.86mg (29.31%), Vitamin B1: 0.43mg (28.75%), Vitamin E: 3.97mg (26.46%), Copper: 0.51mg (25.69%), Vitamin A: 1165.77IU (23.32%), Vitamin B5: 1.82mg (18.2%), Fiber: 4.29g (17.15%), Vitamin B6: 0.34mg (16.87%), Calcium: 91.82mg (9.18%), Vitamin K: 5.38µg (5.12%)