



Mussels Marinara



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 cups basic marinara
- ☐ 4 pounds mussels scrubbed (80 mussels)

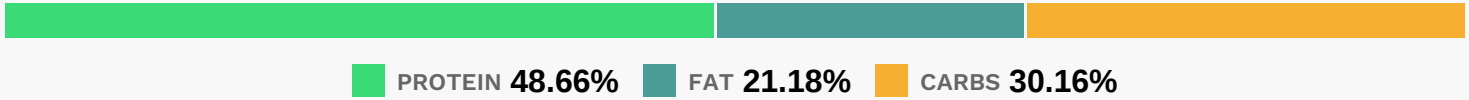
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Bring Basic Marinara and pepper to a simmer in a large Dutch oven over medium heat.
- ☐ Add mussels to pan; cover and cook 5 minutes or until shells open. Discard any unopened shells.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:7.44, Inflammation Score:-9, Nutrition Score:36.09521737306%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 244.12kcal (12.21%), Fat: 5.77g (8.87%), Saturated Fat: 1.06g (6.65%), Carbohydrates: 18.48g (6.16%), Net Carbohydrates: 15.62g (5.68%), Sugar: 6.57g (7.3%), Cholesterol: 64.77mg (21.59%), Sodium: 1535.75mg (66.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.81g (59.62%), Vitamin B12: 27.76µg (462.66%), Manganese: 8.07mg (403.36%), Selenium: 104.77µg (149.67%), Iron: 11.05mg (61.37%), Phosphorus: 506.87mg (50.69%), Vitamin C: 34.03mg (41.25%), Potassium: 1299.52mg (37.13%), Vitamin K: 38.31µg (36.48%), Vitamin B2: 0.61mg (35.79%), Folate: 116.77µg (29.19%), Vitamin B3: 5.56mg (27.81%), Vitamin B1: 0.42mg (27.75%), Zinc: 4.13mg (27.55%), Vitamin A: 1371.31IU (27.43%), Magnesium: 107.4mg (26.85%), Vitamin E: 3.98mg (26.54%), Copper: 0.43mg (21.65%), Vitamin B5: 1.73mg (17.34%), Vitamin B6: 0.3mg (15.01%), Fiber: 2.87g (11.46%), Calcium: 89.04mg (8.9%)