



Mussels with Saffron, Tomato, and Wine over Linguine

READY IN



45 min.

SERVINGS



4

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 2 tablespoons butter
- 14.5 ounce canned tomatoes diced undrained canned
- 8 ounce bottled clam juice
- 4 cups pasta hot cooked uncooked (8 ounces pasta)
- 0.5 cup cooking wine dry white
- 0.3 cup parsley fresh chopped
- 3 garlic cloves minced

- 2 pounds mussels scrubbed
- 0.3 teaspoon saffron threads crushed
- 0.3 cup shallots chopped

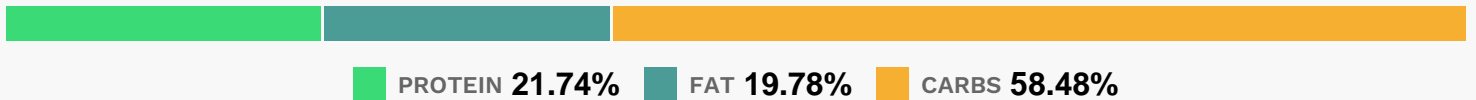
Equipment

- frying pan
- dutch oven

Directions

- Melt butter in a Dutch oven over medium-high heat.
- Add shallots and garlic to pan; saut 1 1/2 minutes.
- Add saffron and tomatoes; cook 2 minutes. Stir in wine, parsley, pepper, and juice; bring to a boil. Cook 4 minutes.
- Add mussels. Cover and cook 6 minutes or until shells open; discard any unopened shells.
- Serve over pasta.

Nutrition Facts



Properties

Glycemic Index:98.88, Glycemic Load:25.65, Inflammation Score:-8, Nutrition Score:33.052608531454%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 478.99kcal (23.95%), Fat: 10.08g (15.5%), Saturated Fat: 4.4g (27.48%), Carbohydrates: 67.01g (22.34%), Net Carbohydrates: 61.56g (22.39%), Sugar: 8.72g (9.69%), Cholesterol: 47.44mg (15.81%), Sodium: 723.95mg

(31.48%), Alcohol: 3.09g (100%), Alcohol %: 0.82% (100%), Protein: 24.91g (49.82%), Manganese: 4.74mg (236.87%), Vitamin B12: 13.91µg (231.81%), Selenium: 91.55µg (130.78%), Vitamin K: 67.93µg (64.7%), Iron: 8.38mg (46.57%), Phosphorus: 372.77mg (37.28%), Vitamin C: 28.42mg (34.45%), Potassium: 888.6mg (25.39%), Magnesium: 97.62mg (24.41%), Copper: 0.49mg (24.28%), Folate: 87.95µg (21.99%), Fiber: 5.45g (21.8%), Vitamin B1: 0.32mg (21.44%), Vitamin B6: 0.42mg (20.77%), Zinc: 3.08mg (20.54%), Vitamin B2: 0.35mg (20.49%), Vitamin B3: 3.95mg (19.74%), Vitamin A: 982.5IU (19.65%), Vitamin E: 2.27mg (15.13%), Vitamin B5: 1.17mg (11.67%), Calcium: 99.08mg (9.91%)