



Mussels with Smoked Sausage and Tomatoes

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



697 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons parsley fresh
- ☐ 4 servings bread french
- ☐ 9 ounce pasta fresh
- ☐ 2 pounds mussels fresh scrubbed
- ☐ 1 tablespoon olive oil
- ☐ 12 ounces andouille smoked diced
- ☐ 1 large shallots chopped
- ☐ 2 large tomatoes cut into thin wedges

☐ 1 cup wine

Equipment

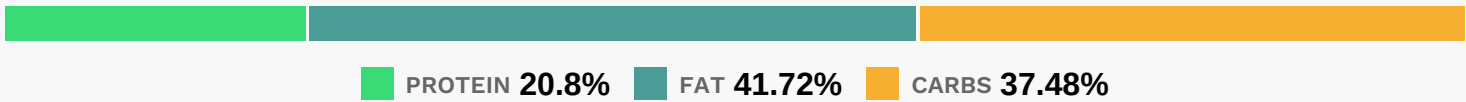
☐ bowl

☐ pot

Directions

- ☐ Cook pasta according to package directions.
- ☐ Drain; set aside.
- ☐ Heat oil in a 6-quart soup pot over medium heat; add sausage, and cook 4 minutes or until golden brown.
- ☐ Add shallot, and cook 2 minutes or until tender.
- ☐ Add wine, and bring to a boil.
- ☐ Add mussels and tomatoes; cover and cook, stirring occasionally, 2 minutes or until mussels open. (Discard any that do not.) Stir in parsley.
- ☐ Divide reserved pasta among serving bowls; top with mussels mixture.
- ☐ Serve with French bread.

Nutrition Facts



Properties

Glycemic Index:71.88, Glycemic Load:23.12, Inflammation Score:-8, Nutrition Score:33.566956354224%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 696.58kcal (34.83%), Fat: 29.87g (45.96%), Saturated Fat: 9.02g (56.35%), Carbohydrates: 60.38g (20.13%), Net Carbohydrates: 56.96g (20.71%), Sugar: 5.23g (5.81%), Cholesterol: 92.77mg (30.92%), Sodium: 1071.35mg (46.58%), Alcohol: 6.18g (100%), Alcohol %: 1.83% (100%), Protein: 33.51g (67.03%), Vitamin B12: 15.16µg (252.74%), Manganese: 4.75mg (237.48%), Selenium: 103.7µg (148.14%), Phosphorus: 478.02mg (47.8%), Vitamin K: 42.57µg (40.55%), Iron: 6.91mg (38.41%), Vitamin B1: 0.51mg (34.19%), Zinc: 4.83mg (32.19%), Vitamin B3: 6.37mg (31.86%), Vitamin C: 24.88mg (30.16%), Potassium: 964.55mg (27.56%), Vitamin B2: 0.46mg (27.03%), Magnesium: 101.98mg (25.5%), Vitamin A: 1111.83IU (22.24%), Folate: 84.11µg (21.03%), Vitamin B6: 0.42mg (21.01%), Copper: 0.41mg (20.51%), Fiber: 3.42g (13.68%), Vitamin B5: 1.36mg (13.65%), Vitamin E: 1.72mg (11.48%), Calcium: 69.55mg (6.95%), Vitamin D: 0.94µg (6.24%)