



HEALTH SCORE

58%

Pasta with Mussels, Pine Nuts, and Orange



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



444 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup flat-leaf parsley fresh chopped
- ☐ 1 garlic clove sliced
- ☐ 1 pound pasta uncooked
- ☐ 4 pounds mussels scrubbed
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup orange juice fresh
- ☐ 0.5 teaspoon orange rind grated
- ☐ 0.8 cup pinenuts toasted

- ☐ 3.8 teaspoons salt divided
- ☐ 1 cup white wine

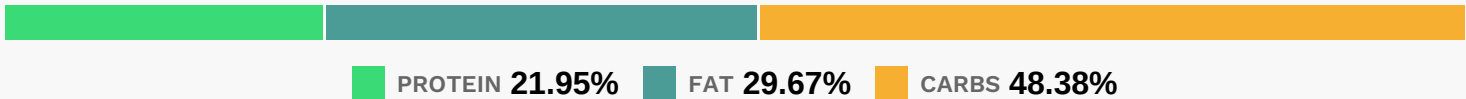
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ dutch oven
- ☐ cheesecloth

Directions

- ☐ Cook pasta in boiling water with 1 tablespoon salt for 9 minutes; drain.
- ☐ Combine mussels and white wine in a Dutch oven over medium-high heat. Cover and cook 7 minutes or until shells open; discard any unopened shells. Line a fine sieve with 2 layers of cheesecloth; place over a bowl. Strain cooking liquid through prepared sieve; reserve 2 cups cooking liquid.
- ☐ Remove mussels from shells; keep warm. Discard cheesecloth and shells.
- ☐ Heat a large saucepan over medium heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add pine nuts and garlic; cook 1 minute, stirring constantly.
- ☐ Add reserved cooking liquid, remaining 3/4 teaspoon salt, rind, and juice, stirring well; bring to a simmer.
- ☐ Add pasta to pan; cook 5 minutes or until liquid thickens and coats pasta.
- ☐ Remove from heat; stir in parsley and mussels.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.63, Glycemic Load:20.16, Inflammation Score:-8, Nutrition Score:30.277391412984%

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 Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.97mg, Hesperetin: 1.97mg, Hesperetin: 1.97mg, Hesperetin: 1.97mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg 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: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 444.08kcal (22.2%), Fat: 13.92g (21.41%), Saturated Fat: 1.52g (9.5%), Carbohydrates: 51.05g (17.02%), Net Carbohydrates: 48.59g (17.67%), Sugar: 3.59g (3.99%), Cholesterol: 32.39mg (10.8%), Sodium: 1428.39mg (62.1%), Alcohol: 3.09g (100%), Alcohol %: 1.64% (100%), Protein: 23.16g (46.32%), Manganese: 5.62mg (280.95%), Vitamin B12: 13.88µg (231.33%), Selenium: 87.85µg (125.5%), Vitamin K: 69.69µg (66.37%), Phosphorus: 418.61mg (41.86%), Iron: 6.38mg (35.43%), Vitamin C: 22.38mg (27.13%), Magnesium: 107.87mg (26.97%), Zinc: 3.56mg (23.72%), Copper: 0.46mg (22.77%), Vitamin B1: 0.3mg (20.12%), Vitamin B2: 0.32mg (18.76%), Potassium: 647.21mg (18.49%), Folate: 73.79µg (18.45%), Vitamin B3: 3.52mg (17.59%), Vitamin E: 2.17mg (14.44%), Vitamin A: 536.19IU (10.72%), Fiber: 2.46g (9.83%), Vitamin B5: 0.92mg (9.23%), Vitamin B6: 0.18mg (8.98%), Calcium: 55.16mg (5.52%)