



Shrimp and Mussels Medley

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 cups pasta hot cooked (without salt or fat)
- ☐ 1.5 cups cooking wine dry white
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 5 garlic cloves minced
- ☐ 0.7 cup bell pepper green chopped
- ☐ 1 pound mussels fresh
- ☐ 1 teaspoon olive oil
- ☐ 0.8 cup onion chopped

- ☐ 0.7 cup bell pepper red chopped
- ☐ 0.3 teaspoon salt
- ☐ 1.5 pounds shrimp fresh unpeeled
- ☐ 2 cups tomatoes peeled seeded chopped
- ☐ 0.7 cup bell pepper yellow chopped

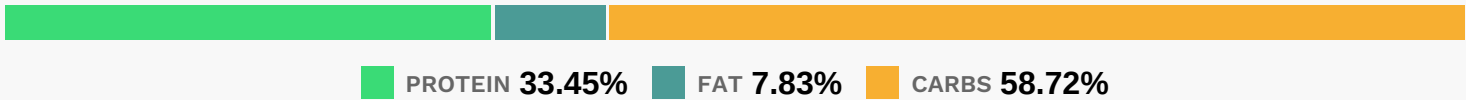
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Peel and devein shrimp, leaving tails intact. Set aside.
- ☐ Remove beards on mussels, and scrub shells with a brush. Discard opened, cracked, or heavy mussels (they're filled with sand). Set aside.
- ☐ Coat a Dutch oven with cooking spray; add oil.
- ☐ Place over medium-high heat until hot.
- ☐ Add onion and next 4 ingredients; saut 3 minutes or until vegetables are tender.
- ☐ Add tomato, wine, cilantro, and salt; bring to a boil.
- ☐ Add shrimp and mussels. Cover and cook 8 minutes or until mussels are open and shrimp turn pink.
- ☐ Place 1 cup cooked linguine in each individual serving bowl; spoon shrimp mixture evenly over linguine.

Nutrition Facts



Properties

Glycemic Index:35.31, Glycemic Load:22.2, Inflammation Score:-8, Nutrition Score:23.125652168108%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 392.3kcal (19.61%), Fat: 3.12g (4.8%), Saturated Fat: 0.57g (3.56%), Carbohydrates: 52.59g (17.53%), Net Carbohydrates: 48.64g (17.69%), Sugar: 3.7g (4.12%), Cholesterol: 145.02mg (48.34%), Sodium: 264.5mg (11.5%), Alcohol: 4.64g (100%), Alcohol %: 1.48% (100%), Protein: 29.96g (59.91%), Manganese: 1.67mg (83.53%), Selenium: 51.68µg (73.82%), Vitamin C: 57.95mg (70.25%), Vitamin B12: 3.47µg (57.83%), Phosphorus: 356.34mg (35.63%), Copper: 0.57mg (28.26%), Iron: 3.89mg (21.63%), Magnesium: 80.66mg (20.17%), Potassium: 608.26mg (17.38%), Vitamin A: 861.56IU (17.23%), Zinc: 2.58mg (17.19%), Fiber: 3.95g (15.81%), Vitamin B6: 0.26mg (13.24%), Folate: 41.83µg (10.46%), Calcium: 90.69mg (9.07%), Vitamin B3: 1.64mg (8.21%), Vitamin B1: 0.12mg (7.98%), Vitamin B2: 0.13mg (7.52%), Vitamin K: 7.14µg (6.8%), Vitamin E: 0.78mg (5.22%), Vitamin B5: 0.47mg (4.66%)