



Spaghetti with Mussels and White Beans

READY IN



45 min.

SERVINGS



6

CALORIES



603 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 28 ounce canned tomatoes whole peeled canned
- ☐ 15 ounce cannellini beans white rinsed canned (kidney)
- ☐ 1 cup wine dry white
- ☐ 0.3 cup flat parsley chopped
- ☐ 4 garlic clove chopped
- ☐ 6 servings kosher salt
- ☐ 2 pounds mussels scrubbed
- ☐ 4 tablespoons olive oil divided plus more for drizzling
- ☐ 0.5 teaspoons pepper red crushed

- ☐ 1 pound pasta like spaghetti
- ☐ 2 tablespoons butter unsalted ()

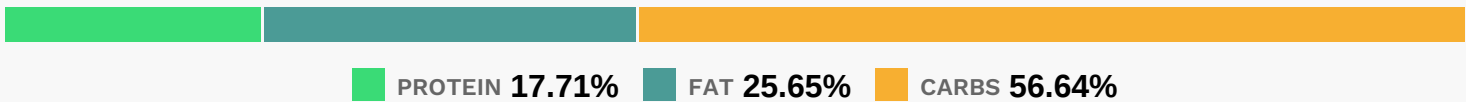
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Heat butter and 2 tablespoons oil in a large heavypot over medium-low heat.
- ☐ Add garlic andred pepper flakes and cook, stirring often,until beginning to brown, about 2 minutes.
- ☐ Add tomatoes with juices, crushing tomatoeslightly with your hands. Increase heat tomedium-high. Cook, stirring often, untilsauce thickens, 10-15 minutes.
- ☐ Meanwhile, cook pasta in a large pot ofboiling salted water, stirring occasionally,until al dente.
- ☐ Drain pasta, reserving1 1/2 cups pasta cooking liquid.
- ☐ Add beans and wine to sauce. Cook,stirring often, until wine has almost evaporated,about 4 minutes.
- ☐ Add mussels and1/4 cup pasta cooking liquid. Cover; cook, stirringoccasionally, until mussels open, about4 minutes (discard any that do not open).
- ☐ Add pasta and 1/4 cup pasta cooking liquidto mussels and stir to coat. Reduce heat tomedium and continue stirring, adding morecooking liquid as needed, until sauce coatspasta. Divide among bowls.
- ☐ Drizzle with oil;garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:33.33, Glycemic Load:28.08, Inflammation Score:-8, Nutrition Score:33.419130520976%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 603.19kcal (30.16%), Fat: 16.42g (25.26%), Saturated Fat: 4.31g (26.93%), Carbohydrates: 81.56g (27.19%), Net Carbohydrates: 74.23g (26.99%), Sugar: 5.81g (6.46%), Cholesterol: 31.62mg (10.54%), Sodium: 618.77mg (26.9%), Alcohol: 4.12g (100%), Alcohol %: 1.26% (100%), Protein: 25.5g (51.01%), Manganese: 3.87mg (193.48%), Vitamin B12: 9.26µg (154.35%), Selenium: 84µg (120%), Vitamin K: 53.36µg (50.82%), Iron: 7.81mg (43.4%), Phosphorus: 397.75mg (39.78%), Magnesium: 123.08mg (30.77%), Potassium: 1040.6mg (29.73%), Fiber: 7.33g (29.31%), Copper: 0.56mg (28.03%), Vitamin C: 22.42mg (27.18%), Folate: 107.09µg (26.77%), Vitamin E: 3.5mg (23.35%), Zinc: 3.39mg (22.59%), Vitamin B1: 0.33mg (21.85%), Vitamin B6: 0.4mg (19.83%), Vitamin B2: 0.32mg (18.83%), Vitamin B3: 3.65mg (18.26%), Calcium: 141.23mg (14.12%), Vitamin A: 654.98IU (13.1%), Vitamin B5: 1.05mg (10.45%)