



 **77%**
HEALTH SCORE

Spaghetti with Mussels (Spaghetti con le Cozze)

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



582 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup wine dry white
- 4 cloves garlic thinly sliced
- 2 pounds mussels scrubbed
- 0.5 olive oil extra virgin extra-virgin
- 0.3 cup flat parsley italian finely chopped
- 1 tablespoon pepper red hot
- 4 servings pepper black freshly ground

1 pound pasta like spaghetti

Equipment

frying pan

pot

Directions

Bring 6 quarts of water to a boil in a large pot, and add 2 tablespoons salt.

In a 12-inch sauté pan, heat the olive oil over medium-high heat.

Add the garlic and cook until light golden brown, about a minute.

Add the wine, raise the heat, and bring to a boil, then add the mussels. Cook, stirring and tossing, until all of the mussels have opened, about 4 minutes.

Meanwhile, drop the pasta into the boiling water and cook until al dente; drain well.

Add the pasta to the pan with the mussels and cook over high heat for 1 minute.

Add the parsley and season with salt and pepper to taste.

Sprinkle with red pepper flakes and serve immediately.

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Nutrition Facts



PROTEIN 21.99% **FAT 8.07%** **CARBS 69.94%**

Properties

Glycemic Index:50.25, Glycemic Load:36.73, Inflammation Score:-9, Nutrition Score:31.660434660704%

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: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 582.2kcal (29.11%), Fat: 4.76g (7.33%), Saturated Fat: 0.88g (5.51%), Carbohydrates: 92.79g (30.93%), Net Carbohydrates: 88.25g (32.09%), Sugar: 3.81g (4.23%), Cholesterol: 32.39mg (10.8%), Sodium: 376.04mg (16.35%), Alcohol: 6.18g (100%), Alcohol %: 2.63% (100%), Protein: 29.18g (58.35%), Manganese: 5.15mg (257.28%), Vitamin B12: 13.88µg (231.33%), Selenium: 124.39µg (177.7%), Vitamin K: 64.37µg (61.31%), Phosphorus: 465.91mg (46.59%), Iron: 6.84mg (38.03%), Magnesium: 111.2mg (27.8%), Zinc: 3.68mg (24.56%), Copper: 0.47mg (23.74%), Vitamin A: 1094.78IU (21.9%), Potassium: 738.74mg (21.11%), Vitamin B3: 4.15mg (20.73%), Vitamin B2: 0.35mg (20.35%), Vitamin B1: 0.3mg (20.3%), Folate: 75.96µg (18.99%), Vitamin C: 15.19mg (18.41%), Fiber: 4.54g (18.15%), Vitamin B6: 0.33mg (16.58%), Vitamin B5: 1.15mg (11.46%), Vitamin E: 1.57mg (10.49%), Calcium: 76.94mg (7.69%)