

food
network



HEALTH SCORE

86%

Spaghetti with Mussels: Spaghetti con Mitili



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



653 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 fillet anchovy washed and dried
- ☐ 2 tablespoons capers salted
- ☐ 1 cup cooking wine dry white
- ☐ 3 cloves garlic thinly sliced
- ☐ 2 pounds mussels black scrubbed
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 onion thinly sliced into rings
- ☐ 1 bunch parsley leaves italian finely chopped

- ☐ 1 teaspoon chile flakes dried red
- ☐ 1 pound pasta like spaghetti

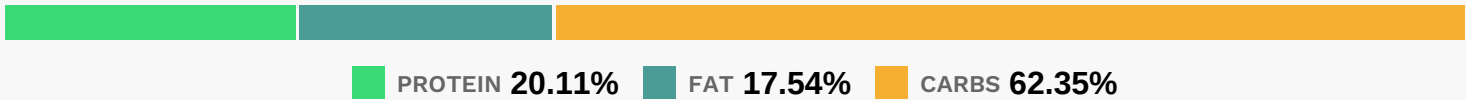
Equipment

- ☐ bowl
- ☐ pot
- ☐ wooden spoon
- ☐ colander

Directions

- ☐ In a large stockpot, bring 6 cups of salted water to a boil.
- ☐ Add the spaghetti and stir so they don't stick.
- ☐ In a large stockpot, heat the extra-virgin olive oil and lightly saute the red onion. When the onions are translucent, add the sliced garlic and chile flakes.
- ☐ Saute until fragrant.
- ☐ Add the anchovies, and using a wooden spoon, smash them into the oil.
- ☐ Add the salted capers, parsley, mussels and white wine, and cover quickly, so the steam cooks the mussels. Shake the pot after 1 minute, and again after 2 more minutes. Check the mussels, if they are open and plump, they are cooked.
- ☐ Drain the pasta in a colander and divide between 4 warmed pasta bowls. Divide the mussels between the 4 bowls of pasta, and pour the wine sauce over, leaving any sandy sediment in the pot.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:37.04, Inflammation Score:-9, Nutrition Score:35.6552174195%

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: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 5.57mg, Kaempferol: 5.57mg, Kaempferol: 5.57mg Myricetin: 2.16mg, Myricetin: 2.16mg, Myricetin: 2.16mg, Myricetin: 2.16mg Quercetin: 9.8mg, Quercetin: 9.8mg, Quercetin: 9.8mg, Quercetin: 9.8mg

Nutrients (% of daily need)

Calories: 652.81kcal (32.64%), Fat: 11.74g (18.06%), Saturated Fat: 1.87g (11.69%), Carbohydrates: 93.88g (31.29%), Net Carbohydrates: 89.2g (32.43%), Sugar: 4.38g (4.87%), Cholesterol: 34.79mg (11.6%), Sodium: 472.78mg (20.56%), Alcohol: 6.18g (100%), Alcohol %: 2.34% (100%), Protein: 30.29g (60.57%), Manganese: 5.14mg (256.76%), Vitamin B12: 13.9µg (231.75%), Vitamin K: 239.99µg (228.56%), Selenium: 125.56µg (179.37%), Phosphorus: 477.54mg (47.75%), Iron: 7.48mg (41.55%), Vitamin C: 30.1mg (36.49%), Vitamin A: 1541.73IU (30.83%), Magnesium: 118.19mg (29.55%), Zinc: 3.83mg (25.51%), Copper: 0.5mg (25.03%), Folate: 95.35µg (23.84%), Vitamin B3: 4.71mg (23.53%), Potassium: 800.39mg (22.87%), Vitamin B2: 0.36mg (21.21%), Vitamin B1: 0.32mg (21.16%), Fiber: 4.68g (18.73%), Vitamin B6: 0.32mg (16.16%), Vitamin E: 2.13mg (14.19%), Vitamin B5: 1.21mg (12.13%), Calcium: 95.39mg (9.54%)