






 **34%**
HEALTH SCORE

Artisan Farfalle Pasta With Smoked Salmon and Cream Sauce

READY IN

45 min.

SERVINGS

2

CALORIES

762 kcal

SIDE DISH **LUNCH** **MAIN COURSE** **MAIN DISH**

Ingredients

- 0.5 cup chicken broth
- 0.5 cup heavy whipping cream (or 35% cream)
- 3 tablespoons olive oil extra virgin
- 85 grams soup noodles
- 2 shallots chopped
- 6 ounces salmon smoked cut into bite size pieces
- 0.5 cup sun-dried olives dried cut into thin slices
- 0.3 cup wine

Equipment

- frying pan
- pot

Directions

- In a large pot of boiling salted water, add 85 grams of pasta and cook according to direction about 7 minutes.
- Heat the oil in a saute pan and add the chopped shallots. Cook until transparent, about 2 minutes.
- Add the wine and the chicken broth and continue to cook for an additional 3–4 minutes until the liquids reduce. Stir in the pesto and sun dried tomatoes.
- Add the salmon and cream and allow to heat through, about 1–2 minutes.
- Serve on the drained cooked pasta.
- Serves 2 main courses
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Nutrition Facts



PROTEIN 14.63% FAT 56.81% CARBS 28.56%

Properties

Glycemic Index:58.5, Glycemic Load:17.48, Inflammation Score:-8, Nutrition Score:31.255652173913%

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 Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Taste

Sweetness: 32.55%, Saltiness: 77.23%, Sourness: 30.1%, Bitterness: 19.02%, Savoriness: 67.61%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 762.2kcal (38.11%), Fat: 47.76g (73.48%), Saturated Fat: 17.62g (110.12%), Carbohydrates: 54.01g (18%), Net Carbohydrates: 48.47g (17.62%), Sugar: 15.72g (17.47%), Cholesterol: 87.97mg (29.32%), Sodium: 937.7mg (40.77%), Alcohol: 3.09g (17.17%), Protein: 27.68g (55.36%), Vitamin D: 15.5µg (103.3%), Selenium: 58.28µg (83.25%), Manganese: 1.05mg (52.38%), Vitamin B12: 2.88µg (47.99%), Potassium: 1358.97mg (38.83%), Phosphorus: 374.96mg (37.5%), Vitamin B3: 7.47mg (37.37%), Copper: 0.75mg (37.37%), Vitamin E: 4.8mg (32.02%), Magnesium: 104.19mg (26.05%), Vitamin K: 26.82µg (25.54%), Vitamin B6: 0.51mg (25.51%), Iron: 4.37mg (24.3%), Vitamin A: 1191.17IU (23.82%), Vitamin B2: 0.4mg (23.64%), Fiber: 5.54g (22.17%), Vitamin B5: 1.74mg (17.4%), Vitamin B1: 0.24mg (16.25%), Vitamin C: 13.14mg (15.92%), Zinc: 1.73mg (11.53%), Calcium: 102.31mg (10.23%), Folate: 39.23µg (9.81%)