



WHATSheATE



HEALTH SCORE

59%

Asparagus, Salmon, and Basil Pasta



Gluten Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



431 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound asparagus ends trimmed cut in 1-in. pieces
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 10 ounce brown rice fusilli
- ☐ 0.5 cup basil leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 cup half-and-half
- ☐ 0.5 cup chicken broth reduced-sodium
- ☐ 1 tablespoon olive oil

- ☐ 4 servings salt
- ☐ 4 ounces salmon smoked

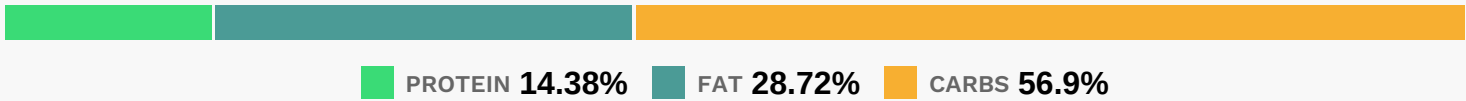
Equipment

- ☐ frying pan

Directions

- ☐ Cook fusilli as package directs. Meanwhile, heat oil in a large nonstick frying pan over medium-high heat.
- ☐ Add asparagus and garlic and stir-fry until asparagus is just tender-crisp, about 2 minutes.
- ☐ Pour in half-and-half, broth, and pepper. Bring to a boil and cook until liquid is slightly thickened, about 2 minutes.
- ☐ Mix in salmon, basil, and pasta to coat.
- ☐ Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:55.69, Glycemic Load:31.14, Inflammation Score:-8, Nutrition Score:26.735652135766%

Flavonoids

Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg

Nutrients (% of daily need)

Calories: 430.88kcal (21.54%), Fat: 13.93g (21.43%), Saturated Fat: 5.48g (34.27%), Carbohydrates: 62.08g (20.69%), Net Carbohydrates: 57.14g (20.78%), Sugar: 4.69g (5.22%), Cholesterol: 27.7mg (9.23%), Sodium: 467.4mg (20.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.69g (31.38%), Manganese: 2.93mg (146.47%), Vitamin K: 62.98µg (59.98%), Phosphorus: 363.26mg (36.33%), Magnesium: 131.4mg (32.85%), Vitamin D: 4.85µg (32.32%), Vitamin B1: 0.48mg (32.26%), Vitamin B3: 6.01mg (30.05%), Vitamin B6: 0.6mg (30%), Copper: 0.52mg (25.79%), Vitamin A: 1255.88IU (25.12%), Iron: 4.2mg (23.34%), Vitamin B2: 0.35mg (20.56%), Selenium: 13.96µg (19.95%), Fiber: 4.93g (19.74%), Folate: 77.65µg (19.41%), Vitamin B5: 1.81mg (18.09%), Vitamin B12: 1.07µg (17.81%), Potassium: 592.11mg (16.92%), Zinc: 2.44mg (16.28%), Vitamin E: 2.35mg (15.65%), Calcium: 128.92mg

(12.89%), Vitamin C: 7.9mg (9.58%)