

 **40%**
HEALTH SCORE

Bigoli with smoked salmon

READY IN



45 min.

SERVINGS



3

CALORIES



580 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup pinenuts
- 250 g bigoli pasta fresh (or similar)
- 2 Tbs olive oil
- 0.5 onion chopped
- 2 cloves garlic minced
- 0.3 cup wine dry white
- 1 Tbs juice of lemon
- 2 Tbs lemon zest divided (into 1 Tbs + 1 Tbs)
- 0.3 cup cup heavy whipping cream

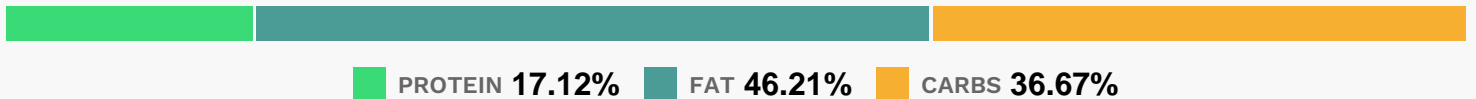
- 2 Tbs chives fresh chopped
- 200 g salmon smoked cut into bite sized pieces
- 0.3 tsp pepper black

Equipment

Directions

- cup pine nuts
- 250 g bigoli fresh pasta (or similar)
- 2 tbs olive oil
- onion, chopped
- 2 cloves garlic, minced
- 1/3 cup dry white wine
- 1 tbs lemon juice
- 2 tbs lemon zest (divided into 1 tbs + 1 tbs)
- cup cream
- 2 tbs fresh chives, parsley or dill, chopped
- 200 g smoked salmon, cut into bite sized pieces
- tsp black pepper

Nutrition Facts



Properties

Glycemic Index:49.67, Glycemic Load:0.71, Inflammation Score:-8, Nutrition Score:26.573913043478%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg

0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Taste

Sweetness: 39.38%, Saltiness: 86.38%, Sourness: 49.53%, Bitterness: 38.22%, Savoriness: 90.66%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 579.83kcal (28.99%), Fat: 29.06g (44.7%), Saturated Fat: 7.31g (45.7%), Carbohydrates: 51.89g (17.3%), Net Carbohydrates: 50.59g (18.4%), Sugar: 2.37g (2.63%), Cholesterol: 98.58mg (32.86%), Sodium: 552.89mg (24.04%), Alcohol: 2.75g (15.26%), Protein: 24.22g (48.45%), Manganese: 1.58mg (78.76%), Vitamin D: 11.72µg (78.12%), Vitamin B1: 0.67mg (44.46%), Vitamin B12: 2.46µg (41.06%), Folate: 160.08µg (40.02%), Phosphorus: 336.84mg (33.68%), Vitamin B3: 6.54mg (32.72%), Selenium: 22.74µg (32.48%), Vitamin B2: 0.51mg (30.22%), Copper: 0.52mg (25.9%), Iron: 4.28mg (23.78%), Vitamin E: 3.5mg (23.37%), Magnesium: 86.98mg (21.75%), Vitamin B6: 0.35mg (17.65%), Vitamin K: 17.13µg (16.31%), Zinc: 2.11mg (14.06%), Vitamin C: 10.45mg (12.66%), Potassium: 425.34mg (12.15%), Vitamin B5: 1.19mg (11.86%), Vitamin A: 482.8IU (9.66%), Calcium: 53.29mg (5.33%), Fiber: 1.3g (5.2%)