



Black Pepper Angel Hair Pasta with Smoked Salmon

READY IN



45 min.

SERVINGS



8

CALORIES



486 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound angel hair pasta
- ☐ 2 teaspoons peppercorns whole black
- ☐ 1 cup bottled clam juice
- ☐ 1 cup cooking wine dry white
- ☐ 4 sprigs dill weed fresh
- ☐ 6 cloves garlic
- ☐ 1 cup heavy whipping cream
- ☐ 0.8 cup parmesan cheese grated

- ☐ 2 teaspoons salt
- ☐ 8 ounces salmon smoked
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1 tablespoon citrus champagne vinegar

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ hand mixer

Directions

- ☐ In a large saucepan, reduce 4 cups heavy cream at a gentle simmer until it is half its original volume.
- ☐ Meanwhile, in a smaller pot, combine clam juice, wine, garlic, peppercorns, salt, 2 tablespoons dill, and vinegar. Reduce at a rolling boil to half its original volume. Strain, and dispose of garlic and peppercorns.
- ☐ Add wine reduction to reduced cream. Reserve.
- ☐ With an electric mixer, whip 1 cup cream to medium peaks.
- ☐ Add sour cream, and whip until blended.
- ☐ In boiling, lightly salted water, cook pasta until al dente.
- ☐ Drain, and cool by running cold water through it to halt cooking.
- ☐ In a 10 to 12 inch saute pan, heat cream/wine sauce to boil, then whisk in parmesan until well blended. Sauce will continue to reduce quickly.
- ☐ Add cooked pasta to sauce, and toss to coat evenly. Divide between 4 dishes, topping each with 2 ounces smoked salmon, a dollop whipped sour cream mixture, and a sprig of dill.

Nutrition Facts



 PROTEIN **14.96%**  FAT **40.97%**  CARBS **44.07%**

Properties

Glycemic Index:16.75, Glycemic Load:17.48, Inflammation Score:-6, Nutrition Score:15.435652152352%

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 Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 486.37kcal (24.32%), Fat: 21.13g (32.51%), Saturated Fat: 11.64g (72.73%), Carbohydrates: 51.15g (17.05%), Net Carbohydrates: 48.89g (17.78%), Sugar: 4.67g (5.18%), Cholesterol: 65.26mg (21.75%), Sodium: 1097.41mg (47.71%), Alcohol: 3.09g (100%), Alcohol %: 1.79% (100%), Protein: 17.36g (34.71%), Selenium: 50.78µg (72.54%), Manganese: 0.76mg (38.11%), Vitamin D: 5.37µg (35.8%), Phosphorus: 266.25mg (26.62%), Vitamin B12: 1.17µg (19.46%), Calcium: 161.26mg (16.13%), Vitamin A: 780.2IU (15.6%), Copper: 0.27mg (13.66%), Vitamin B6: 0.25mg (12.67%), Magnesium: 50.46mg (12.61%), Vitamin B2: 0.21mg (12.47%), Vitamin B3: 2.49mg (12.43%), Zinc: 1.56mg (10.41%), Potassium: 330.35mg (9.44%), Fiber: 2.26g (9.04%), Vitamin B5: 0.76mg (7.61%), Iron: 1.36mg (7.56%), Vitamin E: 0.92mg (6.14%), Vitamin B1: 0.09mg (5.68%), Folate: 17.32µg (4.33%), Vitamin K: 3.59µg (3.42%), Vitamin C: 2.71mg (3.29%)