



Bow-Ties with Salmon and Tarragon Mustard Sauce

READY IN



15 min.

SERVINGS



6

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 oz farfalle pasta (farfalle)
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup onion chopped
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.3 cup wine dry white
- ☐ 1 cup whipping cream (heavy)
- ☐ 2 teaspoons dijon mustard stone-ground

- ☐ 6 oz salmon smoked sliced cut into 1/2-inch-wide strips (or cured)
- ☐ 0.5 cup parmesan shredded freshly grated

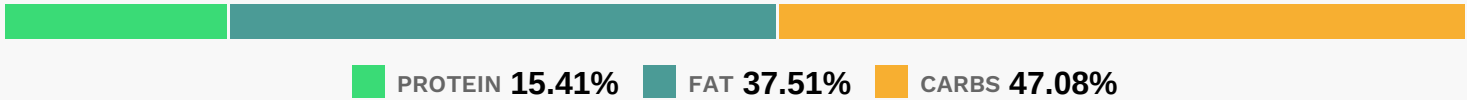
Equipment

- ☐ frying pan

Directions

- ☐ Cook and drain pasta as directed on package.
- ☐ Meanwhile, heat oil in 10-inch skillet over medium heat. Cook onion, tarragon and parsley in oil about 5 minutes, stirring frequently, until onion is tender. Stir in wine. Cook uncovered about 4 minutes or until wine has evaporated. Stir in whipping cream and mustard.
- ☐ Heat to boiling; reduce heat. Simmer uncovered 5 to 10 minutes or until sauce is slightly thickened.
- ☐ Add pasta, salmon and 1/4 cup of the cheese to sauce in skillet; toss gently until pasta is evenly coated.
- ☐ Sprinkle with remaining 1/4 cup cheese.

Nutrition Facts



Properties

Glycemic Index:40.83, Glycemic Load:23.44, Inflammation Score:-7, Nutrition Score:17.373043495676%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 519.44kcal (25.97%), Fat: 21.26g (32.71%), Saturated Fat: 11.34g (70.89%), Carbohydrates: 60.07g (20.02%), Net Carbohydrates: 57.24g (20.81%), Sugar: 3.93g (4.37%), Cholesterol: 57.01mg (19%), Sodium: 391.47mg (17.02%), Alcohol: 1.03g (100%), Alcohol %: 0.72% (100%), Protein: 19.66g (39.31%), Selenium: 60.72µg (86.75%), Manganese: 0.83mg (41.5%), Vitamin D: 5.52µg (36.83%), Phosphorus: 281.72mg (28.17%), Vitamin B12: 1.09µg (18.13%), Calcium: 163.07mg (16.31%), Vitamin K: 16.74µg (15.94%), Vitamin A: 779.46IU (15.59%), Copper: 0.31mg (15.32%), Magnesium: 59.13mg (14.78%), Vitamin B3: 2.82mg (14.1%), Vitamin B6: 0.26mg (12.92%), Vitamin B2: 0.2mg (11.69%), Fiber: 2.83g (11.3%), Zinc: 1.58mg (10.51%), Iron: 1.83mg (10.18%), Potassium: 331.54mg (9.47%), Vitamin B5: 0.74mg (7.4%), Vitamin E: 1.05mg (6.99%), Vitamin B1: 0.1mg (6.6%), Folate: 23.3µg (5.83%), Vitamin C: 2.7mg (3.27%)