



WHATSheATE



Bowties with Pancetta, Grilled Salmon and Artichokes, and Mixed Greens with Russian-Peppercorn Dressing

READY IN



25 min.

SERVINGS



4

CALORIES



859 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound bowtie pasta farfalle
- ☐ 2 tablespoons parsley leaves fresh chopped
- ☐ 1 cup chicken broth reduced-sodium
- ☐ 4 cups salad greens mixed
- ☐ 1 cup oil-packed artichoke hearts quartered
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup pancetta diced

- ☐ 1 teaspoon cracked peppercorns black
- ☐ 2 reserved grilled salmon steaks cut into 2-inch pieces
- ☐ 0.5 cup russian dressing

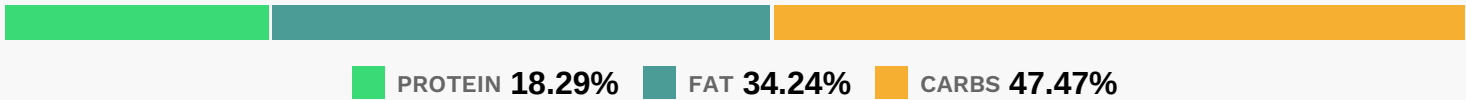
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions.
- ☐ Drain and transfer to a large bowl.
- ☐ Meanwhile, heat oil in a large skillet over medium heat.
- ☐ Add pancetta and cook 3 minutes, until golden and crisp. Stir in broth, salmon and artichokes and bring to a simmer.
- ☐ Remove from heat and stir in parsley. Stir mixture into bowties. Season, to taste, with salt and black pepper.
- ☐ Arrange salad greens on a serving platter.
- ☐ Combine Russian dressing and peppercorns and pour over greens.
- ☐ Serve pasta with salad on the side.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:34.19, Inflammation Score:-7, Nutrition Score:30.206086845502%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 858.5kcal (42.93%), Fat: 32.05g (49.31%), Saturated Fat: 7.15g (44.7%), Carbohydrates: 99.97g (33.32%), Net Carbohydrates: 93.96g (34.17%), Sugar: 10.77g (11.97%), Cholesterol: 79.08mg (26.36%), Sodium: 1023.39mg (44.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.52g (77.04%), Selenium: 110.35µg (157.65%), Manganese: 1.29mg (64.64%), Vitamin B3: 10.88mg (54.42%), Vitamin K: 56.57µg (53.88%), Vitamin B6: 0.98mg (49%), Vitamin B12: 2.94µg (48.97%), Phosphorus: 476.23mg (47.62%), Copper: 0.63mg (31.3%), Vitamin B2: 0.47mg (27.87%), Vitamin B1: 0.4mg (26.75%), Potassium: 884.13mg (25.26%), Magnesium: 97.11mg (24.28%), Fiber: 6.01g (24.04%), Vitamin B5: 2.18mg (21.8%), Zinc: 2.72mg (18.13%), Iron: 3mg (16.65%), Folate: 60.94µg (15.23%), Vitamin C: 12.13mg (14.7%), Vitamin A: 693.53IU (13.87%), Vitamin E: 1.53mg (10.19%), Calcium: 53.52mg (5.35%)