



HEALTH SCORE

88%

Creamy Farfalle with Salmon and Peas



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



423 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups percent milk divided
- ☐ 0.3 teaspoon pepper black divided
- ☐ 6 ounces farfalle pasta
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 tablespoons optional: dill fresh divided chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 1.5 cups peas frozen

- ☐ 1 pound salmon fillet skinless
- ☐ 0.8 teaspoon salt divided
- ☐ 3 ounces neufchaâtel
- ☐ 3 ounces neufchaâtel

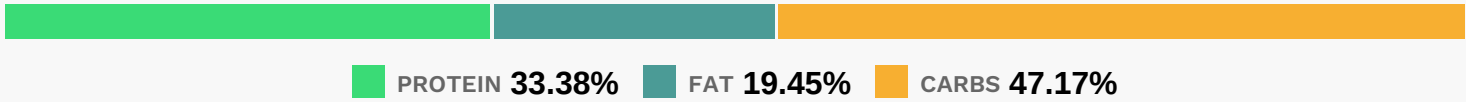
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ broiler

Directions

- ☐ Heat broiler to low. Coat a baking sheet with cooking spray. Season salmon with 1/2 teaspoon salt and 1/8 teaspoon pepper. Broil until cooked through, 5 minutes per side.
- ☐ Let cool; cut salmon into bite-size pieces. Cook pasta as directed on package; add peas 3 minutes before end of cooking time; drain.
- ☐ Whisk 1/4 cup milk and flour in a small saucepan until smooth; whisk in remaining 1 1/4 cups milk, remaining 1/4 teaspoon salt and remaining 1/8 teaspoon pepper. Cook over medium heat, whisking, until as thick as heavy cream, 10 minutes.
- ☐ Remove from heat; add Neufchaâtel and 1 tbsp dill; whisk until cheese melts. Toss pasta and peas with sauce and salmon; drizzle with juice.
- ☐ Garnish with zest and remaining 1 tablespoon dill.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:52.08, Glycemic Load:17.98, Inflammation Score:-7, Nutrition Score:29.81999975702%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 422.82kcal (21.14%), Fat: 8.96g (13.79%), Saturated Fat: 1.78g (11.15%), Carbohydrates: 48.9g (16.3%), Net Carbohydrates: 44.19g (16.07%), Sugar: 8.74g (9.71%), Cholesterol: 66.79mg (22.26%), Sodium: 526.03mg (22.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.6g (69.21%), Selenium: 73.02µg (104.32%), Vitamin B12: 4.15µg (69.1%), Vitamin B6: 1.14mg (56.94%), Vitamin B3: 11.21mg (56.07%), Phosphorus: 463.81mg (46.38%), Vitamin B2: 0.68mg (40.1%), Vitamin B1: 0.54mg (35.68%), Manganese: 0.69mg (34.6%), Vitamin C: 24.02mg (29.11%), Potassium: 937.78mg (26.79%), Copper: 0.51mg (25.72%), Vitamin B5: 2.48mg (24.8%), Magnesium: 85.86mg (21.46%), Folate: 84.55µg (21.14%), Fiber: 4.71g (18.85%), Zinc: 2.43mg (16.18%), Calcium: 150.62mg (15.06%), Iron: 2.56mg (14.2%), Vitamin K: 13.84µg (13.18%), Vitamin A: 651.38IU (13.03%), Vitamin D: 0.97µg (6.49%)