



WHATSheATE



Creamy salmon & chive bows

READY IN



20 min.

SERVINGS



4

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 350 g farfalle pasta
- ☐ 200 g cheese light soft
- ☐ 1 tablespoon juice of lemon
- ☐ 145 g salmon trimmings smoked
- ☐ 1 bunch chives snipped

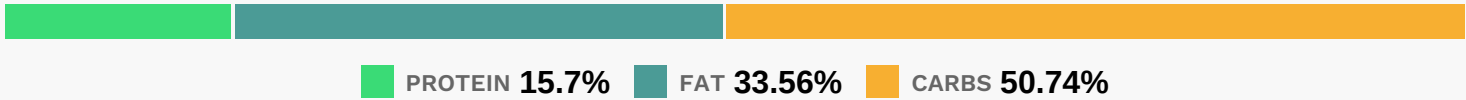
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook the pasta following pack instructions. Once its cooked, drain, reserving some of the water, and tip it back into the pan.
- ☐ Add the soft cheese, lemon juice and gravadlax or smoked salmon with some pepper and mix well.
- ☐ Add a little of the pasta water to help form a creamy sauce, and heat through.
- ☐ Add most of the chives, stir, and divide the pasta mixture between bowls.
- ☐ Serve with the remaining chives scattered on top.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:27.02, Inflammation Score:-6, Nutrition Score:17.456956656083%

Flavonoids

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: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 543.16kcal (27.16%), Fat: 20.1g (30.93%), Saturated Fat: 10.68g (66.76%), Carbohydrates: 68.4g (22.8%), Net Carbohydrates: 65.56g (23.84%), Sugar: 4.33g (4.81%), Cholesterol: 58.84mg (19.61%), Sodium: 446.52mg (19.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.16g (42.31%), Selenium: 71.36µg (101.94%), Vitamin D: 6.2µg (41.33%), Manganese: 0.82mg (40.91%), Phosphorus: 279.2mg (27.92%), Vitamin B12: 1.29µg (21.53%), Copper: 0.35mg (17.37%), Vitamin B3: 3.25mg (16.27%), Vitamin A: 746.79IU (14.94%), Magnesium: 58.04mg (14.51%), Vitamin B6: 0.26mg (12.81%), Vitamin B2: 0.21mg (12.11%), Fiber: 2.84g (11.35%), Zinc: 1.6mg (10.69%), Vitamin B5: 0.99mg (9.86%), Potassium: 331.39mg (9.47%), Iron: 1.52mg (8.44%), Calcium: 72.01mg (7.2%), Vitamin E: 1.02mg (6.82%), Vitamin B1: 0.1mg (6.68%), Folate: 22.77µg (5.69%), Vitamin K: 3.3µg (3.15%), Vitamin C: 2.03mg (2.46%)