



WHATSheATE



HEALTH SCORE

98%

Creamy salmon & sugar snap pasta



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



538 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 400 g rotini pasta
- ☐ 150 g sugar snap peas halved lengthwise
- ☐ 2 salmon steaks
- ☐ 0.5 lemon zest
- ☐ 4 tbsp crème fraîche reduced-fat
- ☐ 100 g arugula

Equipment

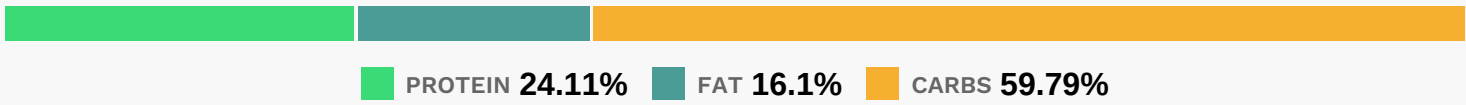
- ☐ bowl

- ☐ frying pan
- ☐ microwave
- ☐ steamer basket

Directions

- ☐ Boil the pasta, adding the sugar snaps to the water 2 mins before cooking time is up. Cool under running water, then drain. You can steam the salmon over the pasta pan for about 7 mins if you have a steamer basket, or put onto a heatproof plate and microwave on High for 2-3 mins until the flesh flakes easily. Peel away any skin, break into large flakes, then allow to cool.
- ☐ Mix the lemon zest, juice and crme frache together, then season to taste. If you need to, loosen with a few tbsp of water to make the consistency of double cream. Toss the pasta, peas and rocket into the dressing, flake in the salmon, then gently turn in the bowl a few times.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:30.18, Inflammation Score:-8, Nutrition Score:28.416087243868%

Flavonoids

Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg Kaempferol: 8.72mg, Kaempferol: 8.72mg, Kaempferol: 8.72mg, Kaempferol: 8.72mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 537.81kcal (26.89%), Fat: 9.47g (14.57%), Saturated Fat: 2.36g (14.75%), Carbohydrates: 79.09g (26.36%), Net Carbohydrates: 74.43g (27.07%), Sugar: 5.12g (5.69%), Cholesterol: 53.83mg (17.94%), Sodium: 55.42mg (2.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.9g (63.81%), Selenium: 95.01µg (135.73%), Manganese: 1.1mg (55.18%), Vitamin B6: 0.92mg (46.09%), Vitamin B12: 2.73µg (45.47%), Vitamin B3: 8.7mg (43.48%), Phosphorus: 401.08mg (40.11%), Vitamin K: 36.9µg (35.15%), Vitamin C: 27.33mg (33.12%), Copper: 0.55mg (27.65%), Vitamin B2: 0.46mg (26.78%), Magnesium: 99.71mg (24.93%), Potassium: 822.95mg (23.51%), Vitamin B1: 0.35mg (23.48%), Vitamin B5: 2.28mg (22.79%), Vitamin A: 1110.01IU (22.2%), Folate: 80.07µg (20.02%), Fiber: 4.65g (18.62%), Iron: 3.14mg (17.44%), Zinc: 2.21mg (14.76%), Calcium: 100.45mg (10.05%), Vitamin E: 0.41mg (2.74%)