



WHATSheATE



HEALTH SCORE

81%

Creamy Salmon with Gemelli and Veggies



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 oz gemelli uncooked
- ☐ 1 lb salmon fillet skinless cut into 1-inch pieces
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups baby potatoes refrigerated (from 1-lb 4-oz bag)
- ☐ 1 cup green beans fresh whole frozen
- ☐ 1 cup pasta sauce (from 1-lb jar)
- ☐ 0.3 teaspoon pepper
- ☐ 2 tablespoons basil fresh chopped

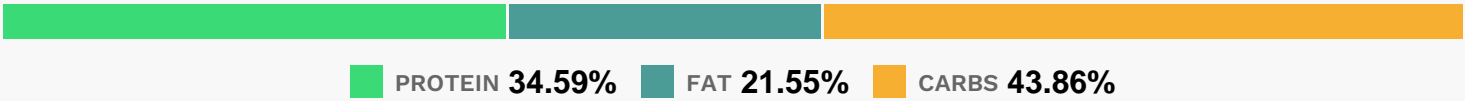
Equipment

☐ frying pan

Directions

- ☐ Cook and drain pasta as directed on package.
- ☐ Meanwhile, spray 12-inch nonstick skillet with cooking spray.
- ☐ Add salmon to skillet; sprinkle with salt. Cook uncovered over medium-high heat 5 to 7 minutes, stirring frequently, until salmon flakes easily with fork.
- ☐ Remove salmon from skillet.
- ☐ Add potatoes, beans, pasta sauce and pepper to same skillet.
- ☐ Heat to boiling. Reduce heat; cover and cook 5 to 7 minutes, stirring occasionally, until vegetables are tender. Stir in pasta, salmon and basil. Cook 2 to 3 minutes, stirring occasionally, just until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:79.69, Glycemic Load:17.32, Inflammation Score:-7, Nutrition Score:25.946956365005%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 333.28kcal (16.66%), Fat: 7.92g (12.19%), Saturated Fat: 1.25g (7.79%), Carbohydrates: 36.27g (12.09%), Net Carbohydrates: 32.42g (11.79%), Sugar: 4.28g (4.75%), Cholesterol: 62.37mg (20.79%), Sodium: 492.35mg (21.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.61g (57.23%), Selenium: 60.02µg (85.74%), Vitamin B6: 1.23mg (61.73%), Vitamin B12: 3.61µg (60.1%), Vitamin B3: 10.81mg (54.04%), Phosphorus: 340.18mg (34.02%), Vitamin B2: 0.54mg (31.49%), Potassium: 1100.26mg (31.44%), Copper: 0.52mg (26.06%), Manganese: 0.52mg (25.85%), Vitamin B5: 2.43mg (24.31%), Vitamin B1: 0.36mg (24.3%), Vitamin C: 18.9mg (22.91%), Magnesium: 77.77mg (19.44%), Vitamin K: 18.99µg (18.09%), Fiber: 3.85g (15.41%), Iron: 2.63mg (14.62%), Folate: 57.74µg (14.44%), Vitamin A: 554.88IU (11.1%), Zinc: 1.5mg (10%), Vitamin E: 1.04mg (6.94%), Calcium: 47.47mg (4.75%)