



HEALTH SCORE

70%

Delicious Salmon Pasta Salad



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



5

CALORIES



423 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 heads broccoli separated
- ☐ 10 ounces salmon canned drained
- ☐ 2 carrots peeled chopped
- ☐ 8 ounce farfalle pasta
- ☐ 2 cloves garlic pressed
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 cup olive oil
- ☐ 3 tablespoons red wine vinegar

- ☐ 5 servings salt and pepper to taste
- ☐ 2 teaspoons soya sauce

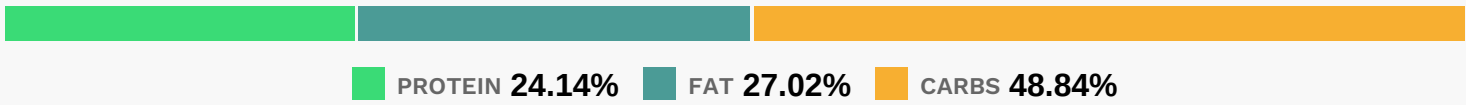
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook until al dente, 8 to 10 minutes; drain.
- ☐ Bring a separate large pot of water to a boil.
- ☐ Add the broccoli and carrots, and cook in the boiling water until tender, 2 to 3 minutes; drain.
- ☐ Combine the olive oil, soy sauce, red wine vinegar, garlic, lemon juice, salt, and pepper in a sealable container; seal. Shake vigorously to make the dressing.
- ☐ Toss together the drained pasta, drained vegetables, salmon, and dressing in a large bowl.
Store in refrigerator up to 4 days.

Nutrition Facts



Properties

Glycemic Index:33.17, Glycemic Load:17.66, Inflammation Score:-10, Nutrition Score:41.264347698378%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 2.02mg, Luteolin: 2.02mg, Luteolin: 2.02mg, Luteolin: 2.02mg Kaempferol: 19.13mg, Kaempferol: 19.13mg, Kaempferol: 19.13mg, Kaempferol: 19.13mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 8.03mg, Quercetin: 8.03mg, Quercetin: 8.03mg, Quercetin: 8.03mg

Nutrients (% of daily need)

Calories: 422.52kcal (21.13%), Fat: 13.16g (20.25%), Saturated Fat: 2.12g (13.22%), Carbohydrates: 53.53g (17.84%), Net Carbohydrates: 45g (16.36%), Sugar: 6.78g (7.54%), Cholesterol: 47.06mg (15.69%), Sodium: 644.88mg

(28.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.46g (52.92%), Vitamin C: 222.28mg (269.43%), Vitamin K: 256.61µg (244.39%), Vitamin A: 5628.9IU (112.58%), Selenium: 57.37µg (81.95%), Vitamin D: 8.22µg (54.81%), Manganese: 1.02mg (50.84%), Phosphorus: 476.07mg (47.61%), Vitamin B12: 2.81µg (46.78%), Folate: 170.55µg (42.64%), Vitamin B3: 6.88mg (34.39%), Fiber: 8.53g (34.12%), Potassium: 1159.36mg (33.12%), Vitamin B6: 0.61mg (30.35%), Calcium: 296.28mg (29.63%), Vitamin E: 4.09mg (27.28%), Vitamin B2: 0.45mg (26.28%), Magnesium: 98.35mg (24.59%), Vitamin B5: 2mg (20.03%), Iron: 3.05mg (16.94%), Vitamin B1: 0.25mg (16.73%), Copper: 0.32mg (15.85%), Zinc: 2.27mg (15.14%)