



Easy Salmon Brown Rice Pasta Salad

 Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



422 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 avocado ripe peeled sliced
- ☐ 16 ounces grain pasta dried
- ☐ 14.8 ounce salmon flaked drained canned
- ☐ 0.5 cup carrots finely chopped
- ☐ 0.8 cup cherry tomatoes red
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 jalapeno finely chopped
- ☐ 1 tablespoon juice of lemon

- ☐ 10 ounce peas frozen
- ☐ 8 ounce salad dressing italian-style chive dressing® (such as Annie's Lemon and)
- ☐ 2 cups pkt spinach fresh packed chopped
- ☐ 0.8 cup cherry tomatoes yellow

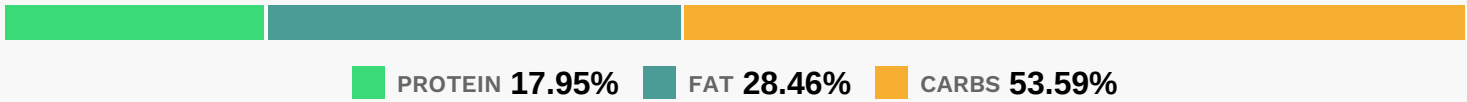
Equipment

- ☐ pot
- ☐ colander

Directions

- ☐ Fill a large pot with lightly salted water and bring to a rolling boil. Stir in pasta, and return to a boil. Cook pasta uncovered, stirring occasionally, until it has cooked through, but is still firm to the bite, 10 to 12 minutes.
- ☐ Drop frozen peas and spinach into boiling pasta during the last minute of cooking.
- ☐ Drain pasta, peas, and spinach in a colander. Return pasta, peas, and spinach to the pot.
- ☐ Stir in salmon and salad dressing until well combined.
- ☐ Chill in the refrigerator, about 20 minutes.
- ☐ Gently stir in carrots, tomatoes, cilantro, avocado, and lemon juice.
- ☐ Garnish with jalapenos.

Nutrition Facts



Properties

Glycemic Index:36.33, Glycemic Load:27.57, Inflammation Score:-9, Nutrition Score:22.733043318209%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin:

0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 421.97kcal (21.1%), Fat: 13.56g (20.86%), Saturated Fat: 2.39g (14.91%), Carbohydrates: 57.44g (19.15%), Net Carbohydrates: 49.06g (17.84%), Sugar: 7.09g (7.88%), Cholesterol: 43.38mg (14.46%), Sodium: 510.78mg (22.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.25g (38.49%), Vitamin K: 69.38µg (66.07%), Vitamin D: 7.58µg (50.53%), Vitamin A: 2503.3IU (50.07%), Vitamin B12: 2.59µg (43.12%), Fiber: 8.38g (33.52%), Selenium: 22.17µg (31.67%), Vitamin C: 25.72mg (31.18%), Vitamin B3: 5.48mg (27.39%), Phosphorus: 269.72mg (26.97%), Calcium: 177.17mg (17.72%), Folate: 68.47µg (17.12%), Manganese: 0.32mg (15.97%), Potassium: 546.84mg (15.62%), Vitamin E: 2.19mg (14.57%), Vitamin B2: 0.22mg (12.66%), Vitamin B6: 0.25mg (12.36%), Magnesium: 47.32mg (11.83%), Vitamin B1: 0.15mg (10.26%), Copper: 0.2mg (9.91%), Iron: 1.54mg (8.55%), Zinc: 1.24mg (8.29%), Vitamin B5: 0.75mg (7.48%)