



Farfalle with Asparagus and Smoked Salmon

 Dairy Free

READY IN



150 min.

SERVINGS



4

CALORIES



265 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup asparagus tips fresh steamed
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 8 ounce farfalle pasta
- ☐ 1 teaspoon basil fresh chopped
- ☐ 1 juice of lemon juiced
- ☐ 1 tablespoon pistachios chopped
- ☐ 4 servings salt and pepper to taste
- ☐ 1 ounce salmon smoked chopped

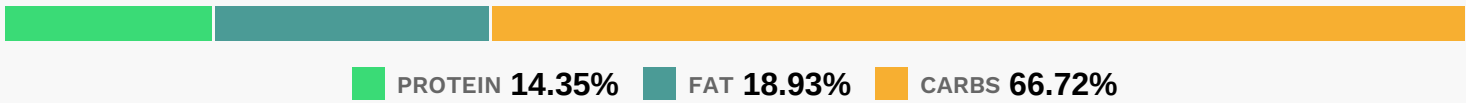
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ In a large pot of salted boiling water, cook pasta until al dente, rinse under cold water and drain.
- ☐ Steam the asparagus over boiling water and cook until tender but still firm.
- ☐ Drain, cool and chop.
- ☐ In a large bowl, combine the pasta, asparagus, smoked salmon, lemon juice, pistachios, basil, olive oil, and salt and pepper.
- ☐ Mix well and refrigerate for 2 hours.
- ☐ Remove from refrigerator and serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:17.17, Inflammation Score:-4, Nutrition Score:9.4765217770701%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 265.13kcal (13.26%), Fat: 5.55g (8.54%), Saturated Fat: 0.82g (5.12%), Carbohydrates: 44.02g (14.67%),
Net Carbohydrates: 41.64g (15.14%), Sugar: 2.16g (2.4%), Cholesterol: 1.63mg (0.54%), Sodium: 253.26mg (11.01%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.46g (18.93%), Selenium: 38.65µg (55.22%), Manganese:
0.57mg (28.59%), Phosphorus: 137.3mg (13.73%), Copper: 0.24mg (11.88%), Fiber: 2.38g (9.53%), Magnesium:
36.41mg (9.1%), Vitamin K: 9.24µg (8.8%), Vitamin D: 1.21µg (8.08%), Vitamin B6: 0.15mg (7.54%), Vitamin B3: 1.49mg
(7.47%), Iron: 1.26mg (6.99%), Zinc: 0.96mg (6.38%), Vitamin B1: 0.09mg (6.32%), Vitamin E: 0.91mg (6.04%),
Potassium: 199.77mg (5.71%), Folate: 21.53µg (5.38%), Vitamin C: 3.95mg (4.79%), Vitamin B2: 0.07mg (4.06%),
Vitamin B12: 0.23µg (3.85%), Vitamin B5: 0.37mg (3.72%), Vitamin A: 142.35IU (2.85%), Calcium: 19.32mg (1.93%)