



Farfalle with Smoked Salmon and Peas

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



484 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 ounces farfalle pasta uncooked (bow tie pasta)
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.5 cup milk 1% low-fat
- ☐ 0.5 cup no-salt-added chicken broth undiluted canned
- ☐ 2 teaspoons butter reduced-calorie
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 cup shallots minced
- ☐ 8 ounces salmon smoked sliced cut into thin strips

- ☐ 2 cups sugar snap peas fresh trimmed
- ☐ 2 tablespoons vodka

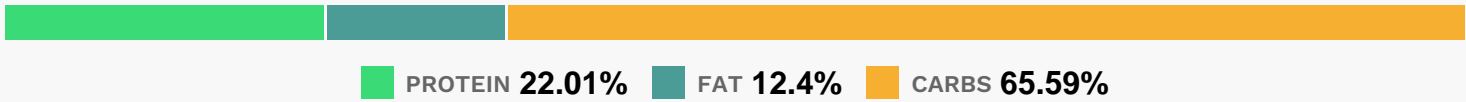
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Coat a large nonstick skillet with cooking spray; add margarine.
- ☐ Place over medium-high heat until margarine melts.
- ☐ Add shallots; saute 1 to 2 minutes or until tender.
- ☐ Add peas; saute 2 additional minutes. Stir in broth, vodka, and pepper; bring to a boil. Reduce heat, and simmer, uncovered, 3 minutes.
- ☐ Combine milk and flour, stirring until smooth.
- ☐ Add to vegetable mixture in skillet, and cook, stirring constantly, until thickened and bubbly. Stir in smoked salmon.
- ☐ Remove from heat; set aside, and keep warm.
- ☐ Cook pasta according to package directions, omitting salt and fat; drain well.
- ☐ To serve, place pasta in a serving bowl; add salmon mixture, and toss lightly.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:27.8, Inflammation Score:-8, Nutrition Score:25.290434671485%

Nutrients (% of daily need)

Calories: 483.9kcal (24.19%), Fat: 6.36g (9.78%), Saturated Fat: 1.43g (8.94%), Carbohydrates: 75.67g (25.22%), Net Carbohydrates: 70.62g (25.68%), Sugar: 8.07g (8.96%), Cholesterol: 14.52mg (4.84%), Sodium: 499.22mg (21.71%), Alcohol: 2.51g (100%), Alcohol %: 1.09% (100%), Protein: 25.4g (50.79%), Selenium: 74.09µg (105.84%), Vitamin D: 10.02µg (66.8%), Manganese: 1.04mg (52.05%), Vitamin C: 31.77mg (38.51%), Vitamin B12: 2.06µg (34.34%), Phosphorus: 340.05mg (34%), Vitamin B3: 5.03mg (25.13%), Vitamin B6: 0.48mg (24.06%), Copper: 0.46mg

(23.15%), Fiber: 5.06g (20.22%), Magnesium: 78mg (19.5%), Iron: 3.14mg (17.42%), Potassium: 564.39mg (16.13%), Vitamin A: 731.75IU (14.64%), Vitamin B5: 1.43mg (14.33%), Vitamin B1: 0.21mg (14.22%), Folate: 51.17µg (12.79%), Vitamin B2: 0.21mg (12.63%), Vitamin K: 13.07µg (12.45%), Zinc: 1.8mg (11.99%), Calcium: 96.6mg (9.66%), Vitamin E: 1.15mg (7.66%)