



Holly's Smoked Salmon Pasta Salad

READY IN



55 min.

SERVINGS



4

CALORIES



482 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 pound cucumber sliced
- 2 tablespoons olive oil extra virgin
- 8 ounce farfalle pasta (bow tie)
- 0.5 cup monterrey jack cheese shredded divided
- 1 small bell pepper red julienned
- 0.5 cup cheese salad dressing fat free blue
- 4 servings salt and pepper black freshly ground to taste
- 8 ounces salmon smoked chopped
- 1 large tomatoes sliced

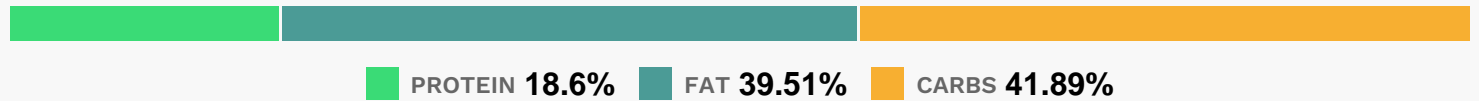
Equipment

- bowl
- pot

Directions

- Bring a large pot of lightly salted water to a boil, and add farfalle pasta. Cook until al dente, 8 to 10 minutes.
- Drain, and rinse under cold water.
- Transfer to a serving bowl, and gently toss with the olive oil until all the pasta is coated. Cover, and chill at least 30 minutes.
- Arrange the cucumber slices around the edges of the pasta. Top pasta with smoked salmon, tomato, and red bell pepper. Season with salt and pepper. Top with Monterey Jack cheese and salad dressing to serve.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:17.88, Inflammation Score:-8, Nutrition Score:22.891303912453%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 481.81kcal (24.09%), Fat: 21.02g (32.34%), Saturated Fat: 5.25g (32.79%), Carbohydrates: 50.16g (16.72%), Net Carbohydrates: 46.99g (17.09%), Sugar: 7.51g (8.35%), Cholesterol: 25.61mg (8.54%), Sodium: 828.68mg (36.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.27g (44.54%), Selenium: 56.92µg (81.31%), Vitamin D: 9.78µg (65.2%), Vitamin C: 31.85mg (38.6%), Manganese: 0.67mg (33.35%), Vitamin B12: 1.97µg (32.76%), Phosphorus: 295.06mg (29.51%), Vitamin K: 29.88µg (28.45%), Vitamin A: 1168.14IU (23.36%), Vitamin B3: 4.17mg (20.83%), Vitamin E: 3.07mg (20.48%), Vitamin B6: 0.39mg (19.38%), Copper: 0.38mg (18.8%), Magnesium:

59.74mg (14.93%), Calcium: 141.63mg (14.16%), Potassium: 487.16mg (13.92%), Fiber: 3.17g (12.68%), Zinc: 1.64mg (10.94%), Vitamin B2: 0.19mg (10.89%), Vitamin B5: 1mg (10.04%), Iron: 1.77mg (9.85%), Folate: 37.17µg (9.29%), Vitamin B1: 0.12mg (7.77%)