



Hot smoked salmon & dill spaghetti

READY IN



30 min.

SERVINGS



4

CALORIES



453 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 150 g salmon smoked hot
- ☐ 400 g pasta like spaghetti dried
- ☐ 1 small bunch optional: dill fresh (a supermarket packet is right)
- ☐ 3 tbsp crème fraîche (rounded)
- ☐ 100 g peas frozen

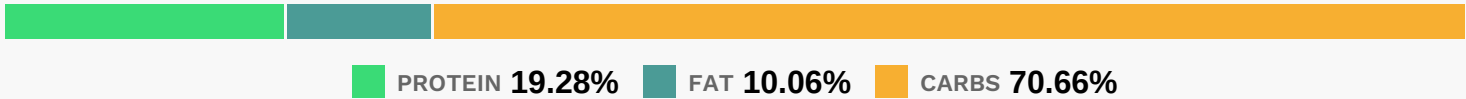
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ First prepare the salmon. Flake the salmon into mouthful-sized chunks in a bowl. Bring a large pan of generously salted water to the boil.
- ☐ Cook the pasta. Feed the spaghetti into the pan, give it a stir, then cook at a rolling boil, stirring occasionally to keep the strands separate, until the pasta is just tender but with a bite. Check the cooking time on the pack, as it does vary. When the pasta is almost done, throw in the peas.
- ☐ Finish the dish: remove any tough stalks from the dill, then chop the fronds fairly roughly. Reserve about 4 tablespoons of the pasta water, then drain the pasta and peas and return them to the pan with the reserved water. Set over a very low heat, then toss in the salmon, dill, crme frache, salt and plenty of freshly ground black pepper. Toss everything together lightly and heat through briefly, then serve.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:30.98, Inflammation Score:-6, Nutrition Score:19.087391355763%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 453.05kcal (22.65%), Fat: 4.98g (7.66%), Saturated Fat: 1.55g (9.7%), Carbohydrates: 78.7g (26.23%), Net Carbohydrates: 74.07g (26.94%), Sugar: 4.39g (4.88%), Cholesterol: 13.94mg (4.64%), Sodium: 304.19mg (13.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.48g (42.96%), Selenium: 76.13µg (108.76%), Manganese: 1.03mg (51.5%), Vitamin D: 6.41µg (42.75%), Phosphorus: 284.51mg (28.45%), Copper: 0.42mg (21.06%), Vitamin B12: 1.24µg (20.69%), Vitamin B3: 4mg (20.02%), Fiber: 4.63g (18.52%), Magnesium: 69.04mg (17.26%), Vitamin B6: 0.29mg (14.63%), Vitamin C: 10.29mg (12.48%), Zinc: 1.87mg (12.45%), Iron: 2.01mg (11.16%), Vitamin B1: 0.17mg (11.14%), Potassium: 362.72mg (10.36%), Folate: 35.92µg (8.98%), Vitamin B2: 0.15mg (8.63%), Vitamin B5: 0.81mg (8.14%), Vitamin K: 6.47µg (6.16%), Vitamin A: 299.24IU (5.98%), Vitamin E: 0.68mg (4.55%), Calcium: 40.99mg (4.1%)