



Linguine with Salmon and Dill

READY IN



45 min.

SERVINGS



4

CALORIES



431 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 ounces asparagus fresh cut into 2-inch pieces
- ☐ 1 cup cherry tomatoes halved
- ☐ 8 ounce cream cheese softened cut into cubes
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 6 ounces pasta uncooked
- ☐ 0.8 cup milk
- ☐ 4 ounces salmon smoked cut into thin strips

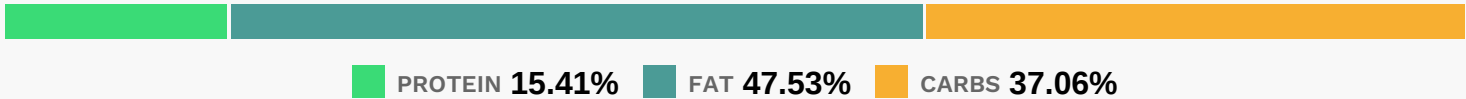
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook pasta in boiling salted water according to package directions. Two minutes before pasta is al dente, add asparagus. Cook 2 minutes or until asparagus is crisp-tender; drain.
- ☐ Transfer to a serving bowl, set aside, and keep warm.
- ☐ Combine milk and cream cheese in a large nonstick skillet over medium heat; cook 10 minutes or until melted and smooth, stirring often. Stir in dill and remaining 4 ingredients.
- ☐ Remove from heat. Stir cheese mixture into pasta, tossing to coat.
- ☐ Serve immediately.
- ☐ The Case for Wine: Carlos Kainz owns and manages Dulces Latin Bistro in Seattle, Washington, along with his wife, chef Julie Guerrero. "The crisp clean flavors of Redbank Sunday Morning Pinot Gris (\$1
- ☐ complements the citrus and herbal ingredients in this recipe. Salmon could also match with red wine, but it's white for me in this recipe."

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:14.58, Inflammation Score:-7, Nutrition Score:16.797391103662%

Flavonoids

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: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg

Nutrients (% of daily need)

Calories: 431.18kcal (21.56%), Fat: 22.93g (35.28%), Saturated Fat: 12.71g (79.41%), Carbohydrates: 40.22g (13.41%), Net Carbohydrates: 37.93g (13.79%), Sugar: 7.14g (7.93%), Cholesterol: 69.28mg (23.09%), Sodium: 425.12mg (18.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.73g (33.47%), Selenium: 42.66µg (60.94%), Vitamin D: 5.35µg (35.67%), Phosphorus: 259.7mg (25.97%), Vitamin A: 1272.86IU (25.46%), Manganese: 0.49mg (24.51%), Vitamin B12: 1.3µg (21.6%), Vitamin B2: 0.3mg (17.53%), Vitamin C: 13.8mg (16.72%), Copper: 0.28mg (14.11%), Calcium: 135.76mg (13.58%), Vitamin K: 14.24µg (13.56%), Vitamin B3: 2.65mg (13.24%), Vitamin B6: 0.26mg (12.94%), Potassium: 436.38mg (12.47%), Magnesium: 46.19mg (11.55%), Vitamin B5: 1.06mg (10.62%), Vitamin E: 1.48mg (9.88%), Iron: 1.74mg (9.66%), Vitamin B1: 0.14mg (9.31%), Fiber: 2.3g (9.19%), Zinc: 1.37mg (9.14%), Folate: 34.77µg (8.69%)