



Linguine with Smoked Salmon Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



444 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon butter
- ☐ 1 teaspoon capers rinsed
- ☐ 3 tablespoons heavy cream
- ☐ 2 ounces pasta
- ☐ 1 serving scattering of parsley fresh chopped
- ☐ 1 serving pepper freshly ground
- ☐ 1 serving salt
- ☐ 2 scallions sliced thin

☐ 1 tablespoon vodka

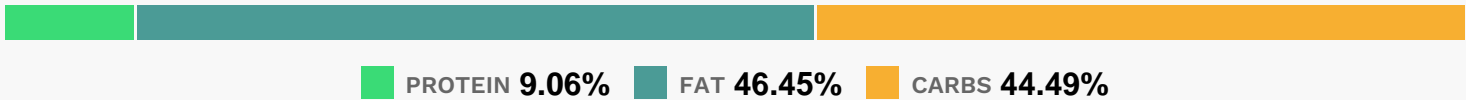
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wok
- ☐ tongs

Directions

- ☐ While the linguine is boiling (see page 181), melt the butter in a small wok or a medium skillet. Toss in the scallions, and sauté gently for 1 minute, stirring. Splash in the vodka and let it cook down a little. Tear or cut the salmon into small bite-sized pieces, and stir them into the sauce.
- ☐ Pour in the cream and bring to a simmer. When the linguine is done al dente, scoop it up with a spider and tongs, letting the water drain off, and mix it in with the sauce. Grind pepper generously over the pasta, and stir in the capers and parsley, then spoon it all up into a warm bowl.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ Bake It!; and The Book of New New England Cookery. She also collaborated with Angus Cameron on The L. L. Bean Game and Fish Cookbook, and has contributed to Vogue, Saveur, and Gourmet magazines. In 2006, she was awarded the James Beard Foundation Lifetime Achievement Award. She lives in New York City and Vermont.

Nutrition Facts



Properties

Glycemic Index:203, Glycemic Load:17.44, Inflammation Score:-8, Nutrition Score:15.064782614293%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 3.01mg, Kaempferol: 3.01mg, Kaempferol: 3.01mg, Kaempferol: 3.01mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg

Nutrients (% of daily need)

Calories: 443.68kcal (22.18%), Fat: 21.25g (32.7%), Saturated Fat: 13.1g (81.85%), Carbohydrates: 45.79g (15.26%), Net Carbohydrates: 43.14g (15.69%), Sugar: 3.43g (3.81%), Cholesterol: 61.6mg (20.53%), Sodium: 303.12mg (13.18%), Alcohol: 5.01g (100%), Alcohol %: 4.17% (100%), Protein: 9.33g (18.66%), Vitamin K: 117.78µg (112.17%), Selenium: 37.41µg (53.44%), Manganese: 0.58mg (29%), Vitamin A: 1366IU (27.32%), Phosphorus: 146.77mg (14.68%), Vitamin C: 10.19mg (12.35%), Fiber: 2.66g (10.64%), Copper: 0.21mg (10.26%), Magnesium: 40.94mg (10.23%), Vitamin B2: 0.15mg (8.67%), Folate: 34.07µg (8.52%), Iron: 1.43mg (7.96%), Potassium: 261.11mg (7.46%), Zinc: 1.06mg (7.04%), Calcium: 66.97mg (6.7%), Vitamin B3: 1.19mg (5.94%), Vitamin B6: 0.12mg (5.77%), Vitamin B1: 0.08mg (5.21%), Vitamin E: 0.77mg (5.15%), Vitamin D: 0.72µg (4.8%), Vitamin B5: 0.4mg (4.01%), Vitamin B12: 0.08µg (1.34%)