



Pappardelle in Lemon Cream Sauce with Asparagus and Smoked Salmon

READY IN



45 min.

SERVINGS



4

CALORIES



743 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound asparagus
- ☐ 0.8 cup cup heavy whipping cream
- ☐ 2 optional: lemon
- ☐ 1 pound pappardelle dried
- ☐ 2 large shallots
- ☐ 0.3 pound salmon smoked sliced
- ☐ 3 tablespoons butter unsalted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Trim asparagus and diagonally cut into 1/4-inch-thick slices. Finely chop shallots. Finely grate enough lemon zest to measure 1 1/2 teaspoons and squeeze enough juice to measure 3 tablespoons.
- ☐ Cut salmon into 2 x 1/2-inch strips.
- ☐ Fill a 6-quart pasta pot three fourths full with salted water and bring to a boil for asparagus and pasta. Have ready a bowl of ice and cold water.
- ☐ Cook asparagus in boiling water until crisp-tender, about 3 minutes, and with a slotted spoon transfer to ice water to stop cooking. Reserve water in pot over low heat, covered.
- ☐ Drain asparagus and set aside some asparagus tips for garnish.
- ☐ In a deep 12-inch heavy skillet cook shallots in butter with salt and pepper to taste over moderately low heat, stirring, until softened, about 5 minutes. Stir in cream and zest and simmer, stirring occasionally, until slightly thickened, about 10 minutes. Stir in 2 tablespoons lemon juice and remove skillet from heat. Return water in pot to a boil. Cook pasta in boiling water, stirring occasionally, until al dente and ladle out and reserve 1 cup pasta water.
- ☐ Drain pasta in a colander and add to sauce with asparagus, 1/2 cup pasta water, three fourths salmon, remaining tablespoon lemon juice, and salt and pepper to taste.
- ☐ Heat mixture over low heat, gently tossing (and adding more remaining pasta water as needed if mixture becomes dry), until just heated through.
- ☐ Serve pasta garnished with reserved asparagus tips and remaining salmon.

Nutrition Facts



Properties

Glycemic Index:32.88, Glycemic Load:35.97, Inflammation Score:-9, Nutrition Score:31.779565313588%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 16.47mg, Quercetin: 16.47mg, Quercetin: 16.47mg, Quercetin: 16.47mg

Nutrients (% of daily need)

Calories: 742.97kcal (37.15%), Fat: 31.2g (47.99%), Saturated Fat: 17.33g (108.3%), Carbohydrates: 93.63g (31.21%), Net Carbohydrates: 85.59g (31.12%), Sugar: 7.91g (8.79%), Cholesterol: 174.78mg (58.26%), Sodium: 264.13mg (11.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26g (51.99%), Selenium: 102.96µg (147.09%), Manganese: 1.21mg (60.36%), Vitamin K: 50.03µg (47.65%), Vitamin C: 36.24mg (43.92%), Phosphorus: 423.29mg (42.33%), Vitamin D: 6.06µg (40.4%), Vitamin A: 1883.02IU (37.66%), Copper: 0.65mg (32.69%), Fiber: 8.04g (32.14%), Iron: 5.34mg (29.68%), Vitamin B1: 0.4mg (26.67%), Vitamin B6: 0.53mg (26.46%), Folate: 104.71µg (26.18%), Vitamin B3: 4.94mg (24.7%), Magnesium: 97.03mg (24.26%), Vitamin B2: 0.39mg (23.02%), Vitamin B12: 1.34µg (22.37%), Zinc: 3.08mg (20.51%), Potassium: 716.55mg (20.47%), Vitamin E: 2.82mg (18.83%), Vitamin B5: 1.86mg (18.56%), Calcium: 120.66mg (12.07%)