



WHATSheATE



HEALTH SCORE

54%

Pappardelle With Asparagus and Salmon

READY IN



45 min.

SERVINGS



4

CALORIES



505 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound asparagus
- ☐ 0.5 teaspoon pepper black divided
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 0.3 cup spring onion sliced
- ☐ 4 lemon wedges for serving
- ☐ 0.5 cup cream sour reduced-fat
- ☐ 1 tablespoon olive oil for mister
- ☐ 0.5 pound pappardelle (wide-ribbon pasta)

- ☐ 2 cups peas frozen thawed
- ☐ 0.8 pound salmon fillet
- ☐ 0.8 teaspoon salt divided
- ☐ 1 shallots minced
- ☐ 0.5 cup vegetable stock

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ Season salmon with 1/4 teaspoon salt and pepper. Using a mister, spray fish with olive oil.
- ☐ Heat a pan over medium-high heat; sear fish, flesh side down, for 8 minutes or until nearly cooked through.
- ☐ Remove to a plate, skin side down, and cover with foil.
- ☐ Cook pasta; drain, return to pot, keep warm.
- ☐ Heat oil in pan; saut shallot and asparagus 2 minutes, until beginning to brighten.
- ☐ Add broth; lower heat to medium, cover, and cook 3 minutes.
- ☐ Add peas, cover, and cook 2 minutes. Stir in sour cream, onions, mint, and dill; lower heat to simmer.
- ☐ Add remaining salt and pepper.
- ☐ Add sauce to pasta; toss.
- ☐ Remove skin and flake salmon into large chunks; add to pasta and toss gently. Divide among 4 bowls.
- ☐ Garnish with additional herbs and lemon wedges.

Nutrition Facts



 **PROTEIN 25.73%**  **FAT 26.37%**  **CARBS 47.9%**

Properties

Glycemic Index:74.96, Glycemic Load:21.25, Inflammation Score:-9, Nutrition Score:38.804348012675%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 4.23mg, Eriodictyol: 4.23mg, Eriodictyol: 4.23mg, Eriodictyol: 4.23mg Hesperetin: 5.15mg, Hesperetin: 5.15mg, Hesperetin: 5.15mg, Hesperetin: 5.15mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 6.55mg, Isorhamnetin: 6.55mg, Isorhamnetin: 6.55mg, Isorhamnetin: 6.55mg Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 16.84mg, Quercetin: 16.84mg, Quercetin: 16.84mg, Quercetin: 16.84mg

Nutrients (% of daily need)

Calories: 504.72kcal (25.24%), Fat: 14.98g (23.04%), Saturated Fat: 4g (24.98%), Carbohydrates: 61.21g (20.4%), Net Carbohydrates: 51.79g (18.83%), Sugar: 8.71g (9.68%), Cholesterol: 104.47mg (34.82%), Sodium: 635.35mg (27.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.88g (65.76%), Selenium: 80.72µg (115.32%), Vitamin K: 81.08µg (77.22%), Vitamin C: 47.39mg (57.44%), Vitamin B6: 1.09mg (54.61%), Vitamin B3: 10.61mg (53.05%), Manganese: 1.06mg (52.93%), Vitamin B12: 2.99µg (49.83%), Phosphorus: 474.8mg (47.48%), Vitamin B1: 0.67mg (44.73%), Vitamin B2: 0.68mg (39.91%), Folate: 156.83µg (39.21%), Fiber: 9.42g (37.68%), Copper: 0.75mg (37.65%), Vitamin A: 1774.38IU (35.49%), Iron: 5.67mg (31.5%), Potassium: 1097mg (31.34%), Magnesium: 105.78mg (26.44%), Vitamin B5: 2.38mg (23.84%), Zinc: 3.37mg (22.45%), Vitamin E: 2.24mg (14.95%), Calcium: 132.29mg (13.23%), Vitamin D: 0.23µg (1.52%)