



Pappardelle with Salmon and Peas in Pesto Cream Sauce

READY IN



25 min.

SERVINGS



4

CALORIES



708 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black divided
- ☐ 2 ounces cream cheese
- ☐ 0.8 cup heavy cream
- ☐ 2 teaspoons lemon zest
- ☐ 2 teaspoons olive oil
- ☐ 8 ounces pappardelle
- ☐ 1 cup peas frozen
- ☐ 0.5 cup pesto prepared

- ☐ 12 ounce salmon fillet skinless
- ☐ 0.5 teaspoon salt divided

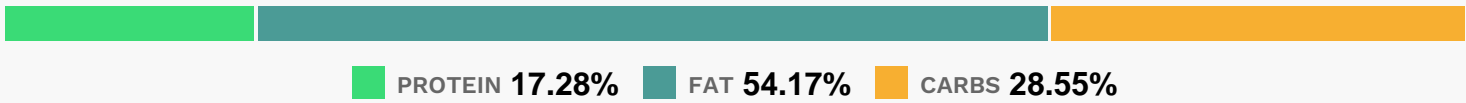
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook pasta in boiling salted water according to package directions. During the last minute of cooking, add peas; drain.
- ☐ Meanwhile, heat a large nonstick skillet over medium-high heat; add olive oil.
- ☐ Sprinkle salmon with 1/4 teaspoon salt and 1/8 teaspoon black pepper. Cook salmon in hot oil 5 to 6 minutes on each side.
- ☐ Transfer to a plate; flake into large pieces with a fork.
- ☐ Heat another large nonstick skillet over medium-high heat.
- ☐ Add cream, and simmer 3 minutes or until cream is slightly thickened. Reduce heat to medium-low; add cream cheese and pesto, whisking until smooth. Stir in pasta and peas; cook 1 minute, tossing frequently.
- ☐ Remove from heat, and gently stir in salmon, lemon zest, and remaining 1/8 teaspoon salt and 1/8 teaspoon pepper.

Nutrition Facts



Properties

Glycemic Index:36.83, Glycemic Load:18.58, Inflammation Score:-8, Nutrition Score:26.506956660229%

Nutrients (% of daily need)

Calories: 707.63kcal (35.38%), Fat: 42.52g (65.41%), Saturated Fat: 16.92g (105.74%), Carbohydrates: 50.4g (16.8%), Net Carbohydrates: 45.83g (16.66%), Sugar: 5.99g (6.66%), Cholesterol: 161.63mg (53.88%), Sodium: 688.36mg (29.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.52g (61.04%), Selenium: 78.95µg (112.78%), Vitamin B12: 2.97µg (49.53%), Vitamin B6: 0.91mg (45.25%), Vitamin B3: 8.68mg (43.4%), Phosphorus:

387.26mg (38.73%), Vitamin A: 1818.98IU (36.38%), Manganese: 0.67mg (33.29%), Vitamin B2: 0.54mg (31.74%), Vitamin B1: 0.4mg (26.53%), Copper: 0.46mg (22.75%), Vitamin B5: 2.17mg (21.7%), Potassium: 707.98mg (20.23%), Vitamin C: 16.06mg (19.46%), Magnesium: 74.28mg (18.57%), Fiber: 4.57g (18.28%), Folate: 64.48µg (16.12%), Zinc: 2.27mg (15.1%), Iron: 2.56mg (14.25%), Calcium: 134.32mg (13.43%), Vitamin K: 12.41µg (11.82%), Vitamin E: 1.08mg (7.21%), Vitamin D: 0.88µg (5.89%)