



Pappardelle with Smoked Salmon

READY IN



45 min.

SERVINGS



6

CALORIES



234 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon butter
- 0.5 teaspoon optional: dill dried
- 1 cup less-sodium chicken broth fat-free
- 0.5 pound pappardelle uncooked (wide ribbon pasta)
- 10 ounce peas green frozen thawed
- 0.5 cup plum tomatoes chopped
- 4 ounce salmon fillet smoked cut into small pieces
- 0.3 teaspoon salt

2 cups oso sweet chopped

Equipment

bowl

frying pan

Directions

Cook pasta according to package directions, omitting salt and fat.

Drain. Keep warm.

Melt butter in a large nonstick skillet over medium-high heat.

Add onion; saut 4 minutes or until tender.

Add broth and cheese; cook 4 minutes or until cheese melts, stirring frequently.

Add tomato, peas, and salmon; cook 3 minutes or until thoroughly heated. Stir in dill, salt, and pepper.

Combine pasta and salmon mixture in a large bowl; toss gently.

Nutrition Facts



Properties

Glycemic Index:34.72, Glycemic Load:13.34, Inflammation Score:-7, Nutrition Score:15.370869470679%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg

Nutrients (% of daily need)

Calories: 234.06kcal (11.7%), Fat: 3.51g (5.4%), Saturated Fat: 1.09g (6.81%), Carbohydrates: 38.69g (12.9%), Net Carbohydrates: 34g (12.36%), Sugar: 6.64g (7.38%), Cholesterol: 37.89mg (12.63%), Sodium: 420.91mg (18.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.2g (24.41%), Selenium: 37.87µg (54.1%), Manganese: 0.6mg (30.07%), Vitamin C: 24.2mg (29.34%), Vitamin D: 3.35µg (22.3%), Phosphorus: 197.2mg (19.72%), Fiber: 4.69g

(18.76%), Vitamin B3: 3.08mg (15.38%), Vitamin B6: 0.31mg (15.31%), Vitamin B1: 0.23mg (15.11%), Copper: 0.29mg (14.46%), Folate: 57.69µg (14.42%), Vitamin B12: 0.8µg (13.38%), Vitamin K: 13.84µg (13.18%), Magnesium: 48.8mg (12.2%), Vitamin A: 592.26IU (11.85%), Potassium: 366.22mg (10.46%), Iron: 1.87mg (10.38%), Zinc: 1.49mg (9.9%), Vitamin B2: 0.14mg (8.15%), Vitamin B5: 0.68mg (6.76%), Calcium: 43.39mg (4.34%), Vitamin E: 0.59mg (3.96%)