



Pasta Salad with Salmon and Dill

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



437 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounces fettuccine barilla uncooked
- 2 medium carrots
- 2 medium zucchini
- 7.5 ounces salmon boneless skinless red flaked drained canned
- 8 ounces gorgonzola dip refrigerated
- 0.8 teaspoon lemon pepper

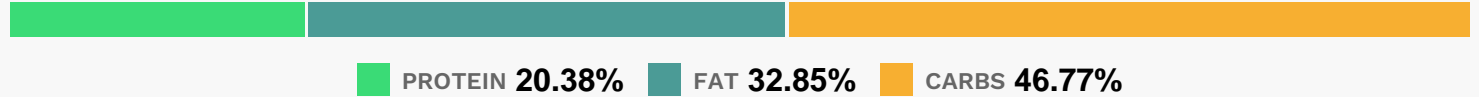
Equipment

- peeler

Directions

- Cook and drain fettuccine as directed on package. Rinse with cold water; drain.
- Cut carrots and zucchini lengthwise into thin slices, using vegetable peeler.
- Toss all ingredients.
- Serve immediately or refrigerate 1 to 2 hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:34.46, Glycemic Load:18.28, Inflammation Score:-10, Nutrition Score:25.050869304201%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 436.71kcal (21.84%), Fat: 15.74g (24.21%), Saturated Fat: 6.01g (37.57%), Carbohydrates: 50.4g (16.8%), Net Carbohydrates: 46.6g (16.95%), Sugar: 8.75g (9.72%), Cholesterol: 76.86mg (25.62%), Sodium: 385.55mg (16.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.97g (43.94%), Vitamin A: 5349.8IU (107%), Selenium: 64.33µg (91.89%), Vitamin B6: 0.76mg (38.01%), Manganese: 0.76mg (37.91%), Vitamin B12: 1.85µg (30.91%), Vitamin B3: 6.11mg (30.57%), Phosphorus: 291.46mg (29.15%), Vitamin C: 19.34mg (23.44%), Potassium: 757.17mg (21.63%), Vitamin B2: 0.36mg (21.38%), Vitamin B1: 0.28mg (18.74%), Copper: 0.37mg (18.6%), Magnesium: 70.24mg (17.56%), Vitamin B5: 1.69mg (16.9%), Fiber: 3.8g (15.2%), Folate: 59.1µg (14.78%), Calcium: 129.23mg (12.92%), Zinc: 1.82mg (12.13%), Iron: 1.99mg (11.07%), Vitamin K: 9.14µg (8.7%), Vitamin E: 0.53mg (3.55%), Vitamin D: 0.17µg (1.13%)