



Pasta with Creamy Smoked Salmon and Dill

READY IN



40 min.

SERVINGS



8

CALORIES



574 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup cream cheese
- ☐ 2 tablespoons dijon mustard
- ☐ 1 cup optional: dill fresh chopped
- ☐ 5 green onions chopped
- ☐ 8 servings ground pepper black to taste
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 8 cups penne pasta uncooked
- ☐ 8 servings sea salt to taste

☐ 2.5 cups salmon smoked chopped

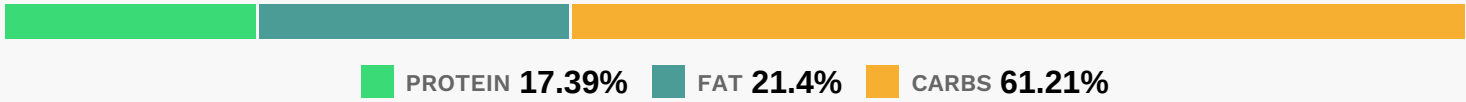
Equipment

☐ pot

Directions

- ☐ Fill a large pot with water.
- ☐ Add sea salt to taste, and bring to a rolling boil. Stir in penne and return to a boil. Cook uncovered, stirring occasionally, until pasta is cooked through but still firm to the bite, about 11 minutes.
- ☐ Drain penne well, and reserve 1 cup of pasta cooking water.
- ☐ Return penne and reserved cup of pasta water to the empty pot and place over medium-low heat.
- ☐ Stir smoked salmon, cream cheese, dill, green onions, Dijon mustard, lemon zest, lemon juice, and black pepper into pasta until cream cheese is melted, 4 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:34.37, Inflammation Score:-8, Nutrition Score:21.526956330175%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 2.56mg, Isorhamnetin: 2.56mg, Isorhamnetin: 2.56mg, Isorhamnetin: 2.56mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg

Nutrients (% of daily need)

Calories: 574.41kcal (28.72%), Fat: 13.51g (20.79%), Saturated Fat: 6.46g (40.35%), Carbohydrates: 86.97g (28.99%), Net Carbohydrates: 82.83g (30.12%), Sugar: 4.36g (4.84%), Cholesterol: 38.43mg (12.81%), Sodium: 668.92mg (29.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.7g (49.41%), Selenium: 88.64µg (126.63%), Manganese: 1.16mg (57.87%), Vitamin D: 7.27µg (48.45%), Phosphorus: 323.73mg (32.37%), Vitamin B12:

1.45µg (24.13%), Copper: 0.45mg (22.38%), Vitamin B3: 4.1mg (20.5%), Magnesium: 76.69mg (19.17%), Vitamin A: 949.71IU (18.99%), Fiber: 4.14g (16.55%), Vitamin K: 16.5µg (15.71%), Vitamin B6: 0.31mg (15.67%), Iron: 2.43mg (13.49%), Zinc: 1.97mg (13.13%), Potassium: 436.09mg (12.46%), Vitamin B2: 0.2mg (11.89%), Vitamin B5: 1.06mg (10.61%), Folate: 37.95µg (9.49%), Vitamin C: 7.47mg (9.05%), Vitamin B1: 0.13mg (8.86%), Calcium: 76.82mg (7.68%), Vitamin E: 1mg (6.67%)