



 **20%**  
HEALTH SCORE

## Pasta With Salmon Cream Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



439 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons butter ()
- 2 teaspoons flour
- 1.3 cups milk
- 2 teaspoons onion minced
- 0.5 cup parmesan grated
- 0.3 cup parsley
- 1 cup peas
- 8 ounces penne pasta
- 0.3 teaspoon pepper

1 cup salmon red

## Equipment

- bowl
- sauce pan
- whisk
- pot
- microwave

## Directions

- Calories per serving: 300 In large pot of boiling water, cook pasta al dente (tender but firm) about 10 12 minutes.
- Drain and return to pot. In saucepan, melt butter over medium heat add onion and cook until tender. Stir in flour and cook for a few seconds.
- Whisk in milk and bring to sa simmer, stirring constantly.
- Add peas, salmon brokin into chunks and salmon juices, parsley, cheese, pepper.
- Pour mixture over pasta and stir gently to mix.
- Serve Immediately. Microwave method: Cook pasta as above in glass bowl or 4 cup measure. Microwave butter and onion at Medium-High for 1 minute or until onion is tender. Stir in flour to form smooth paste. Gradually whisk in milk.

## Nutrition Facts



## Properties

Glycemic Index:91.83, Glycemic Load:20.51, Inflammation Score:-8, Nutrition Score:23.013043478261%

## Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.21mg, Quercetin:

0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Taste

Sweetness: 57.31%, Saltiness: 100%, Sourness: 38.06%, Bitterness: 26.37%, Savoriness: 82.49%, Fattiness: 89.04%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 438.64kcal (21.93%), Fat: 14.55g (22.38%), Saturated Fat: 7.59g (47.45%), Carbohydrates: 52.7g (17.57%), Net Carbohydrates: 48.62g (17.68%), Sugar: 7.42g (8.24%), Cholesterol: 51.4mg (17.13%), Sodium: 296.59mg (12.9%), Protein: 23.37g (46.74%), Selenium: 53.58µg (76.54%), Vitamin K: 71.69µg (68.28%), Phosphorus: 383.5mg (38.35%), Manganese: 0.71mg (35.48%), Vitamin B12: 1.65µg (27.58%), Calcium: 274.63mg (27.46%), Vitamin B6: 0.48mg (24.17%), Vitamin C: 19.56mg (23.71%), Vitamin B3: 4.62mg (23.11%), Vitamin B2: 0.37mg (21.72%), Vitamin A: 1003.6IU (20.07%), Vitamin B1: 0.28mg (18.93%), Magnesium: 69.07mg (17.27%), Copper: 0.33mg (16.33%), Fiber: 4.08g (16.32%), Potassium: 534.01mg (15.26%), Zinc: 2.18mg (14.53%), Folate: 51.09µg (12.77%), Vitamin B5: 1.22mg (12.19%), Iron: 1.94mg (10.77%), Vitamin D: 0.9µg (6.01%), Vitamin E: 0.37mg (2.45%)