



## Pasta with Smoked Salmon

READY IN



20 min.

SERVINGS



8

CALORIES



174 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup capers drained
- 1 green onion chopped
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 1 cup oil-packed sun-dried tomatoes chopped
- 0.3 cup parmesan cheese shredded kraft
- 2 cups tri-colored rotini pasta uncooked
- 0.5 lb salmon smoked flaked

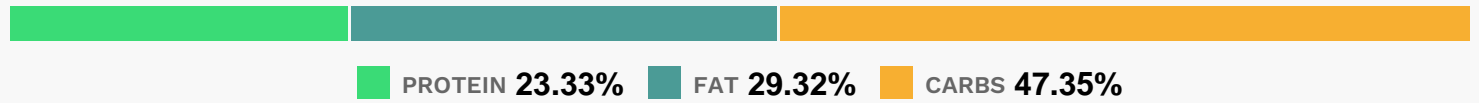
### Equipment

bowl

## Directions

- Cook pasta as directed on package, omitting salt. Rinse with cold water; drain.
- Place in large bowl.
- Add all remaining ingredients except dressing; mix lightly.
- Drizzle with dressing; toss to coat.

## Nutrition Facts



## Properties

Glycemic Index:16.38, Glycemic Load:6.35, Inflammation Score:-4, Nutrition Score:11.666086912155%

## Flavonoids

Kaempferol: 7.2mg, Kaempferol: 7.2mg, Kaempferol: 7.2mg, Kaempferol: 7.2mg Quercetin: 9.6mg, Quercetin: 9.6mg, Quercetin: 9.6mg, Quercetin: 9.6mg

## Nutrients (% of daily need)

Calories: 173.53kcal (8.68%), Fat: 5.82g (8.95%), Saturated Fat: 1.32g (8.27%), Carbohydrates: 21.13g (7.04%), Net Carbohydrates: 18.74g (6.82%), Sugar: 7.24g (8.04%), Cholesterol: 8.65mg (2.88%), Sodium: 585.45mg (25.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.41g (20.82%), Vitamin D: 4.86µg (32.42%), Selenium: 20.49µg (29.28%), Manganese: 0.41mg (20.4%), Vitamin K: 18.68µg (17.79%), Potassium: 576.23mg (16.46%), Copper: 0.33mg (16.46%), Vitamin B12: 0.96µg (16.03%), Phosphorus: 148.79mg (14.88%), Vitamin B3: 2.91mg (14.54%), Magnesium: 43.94mg (10.99%), Iron: 1.86mg (10.35%), Fiber: 2.39g (9.54%), Vitamin B6: 0.16mg (8.01%), Vitamin B2: 0.12mg (7.3%), Vitamin C: 5.97mg (7.23%), Vitamin B1: 0.1mg (6.57%), Calcium: 63.57mg (6.36%), Vitamin B5: 0.62mg (6.15%), Vitamin E: 0.79mg (5.24%), Zinc: 0.69mg (4.62%), Vitamin A: 197.03IU (3.94%), Folate: 15.05µg (3.76%)