



Red Pepper-Salmon Pasta

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



505 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounces angel hair pasta dried
- ☐ 1 tablespoon cornstarch
- ☐ 1 cup fat-skimmed chicken broth
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 clove garlic
- ☐ 2 teaspoons jalapeño chili fresh chopped
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup parmesan cheese grated

- ☐ 0.5 cup pasilla peppers red canned peeled
- ☐ 4 boned thick (each)

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ In an 8-inch baking dish, mix salmon with lemon juice and arrange in a single layer.
- ☐ Tightly cover dish with foil.
- ☐ Bake in a 450 oven until fish is opaque but still moist-looking in thickest part (cut to test), 12 to 14 minutes.
- ☐ Meanwhile, in a blender or food processor, smoothly pure red peppers, parmesan, cornstarch, chili, and garlic.
- ☐ Add cilantro and broth; whirl to blend.
- ☐ Pour pepper mixture into a 10- to 12-inch frying pan. Stir over high heat until boiling; keep warm.
- ☐ Meanwhile, cook pasta in 3 quarts boiling water until tender to bite, about 7 minutes.
- ☐ Drain; return to pan.
- ☐ Stir juices from the baked salmon into red pepper sauce.
- ☐ Mix 1 1/3 cups sauce with pasta.
- ☐ Spoon pasta onto plates. Top with fish and drizzle with remaining sauce.
- ☐ Serve, or cover and chill up to 1 day.

Nutrition Facts



 PROTEIN **35.81%**  FAT **25.81%**  CARBS **38.38%**

Properties

Glycemic Index:42, Glycemic Load:17.36, Inflammation Score:-8, Nutrition Score:32.340869500585%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 505.29kcal (25.26%), Fat: 14.16g (21.78%), Saturated Fat: 3.13g (19.59%), Carbohydrates: 47.36g (15.79%), Net Carbohydrates: 45g (16.36%), Sugar: 2.7g (2.99%), Cholesterol: 100.75mg (33.58%), Sodium: 457.81mg (19.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.2g (88.4%), Selenium: 102.26µg (146.08%), Vitamin B12: 5.63µg (93.87%), Vitamin B6: 1.56mg (78.24%), Vitamin B3: 14.89mg (74.43%), Phosphorus: 514.22mg (51.42%), Vitamin B2: 0.74mg (43.64%), Vitamin C: 30.21mg (36.62%), Vitamin B5: 3.26mg (32.55%), Copper: 0.61mg (30.7%), Vitamin B1: 0.46mg (30.43%), Manganese: 0.6mg (30.13%), Potassium: 1053.3mg (30.09%), Magnesium: 86.4mg (21.6%), Vitamin A: 818.18IU (16.36%), Folate: 65.16µg (16.29%), Zinc: 2.33mg (15.52%), Iron: 2.35mg (13.03%), Calcium: 112.36mg (11.24%), Fiber: 2.36g (9.44%), Vitamin K: 4.69µg (4.46%), Vitamin E: 0.53mg (3.5%)