



Salmon and Edamame Pasta Salad

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



202 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 cups baby spinach
- 0.3 teaspoon pepper black freshly ground
- 0.7 cup edamame shelled
- 1.5 cups farfalle pasta uncooked (4 ounces bow tie pasta)
- 0.3 cup optional: dill fresh chopped
- 2 teaspoons olive oil
- 1 cup onion red finely chopped
- 4 ounce salmon fillet

- 0.5 teaspoon salt
- 4 teaspoons dijon mustard

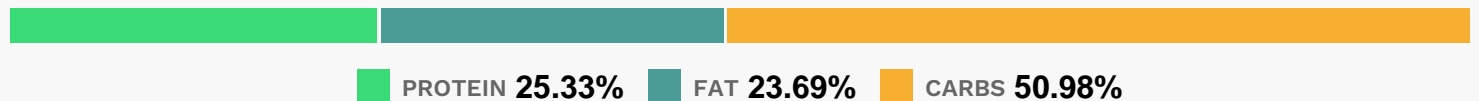
Equipment

- bowl
- frying pan

Directions

- Cook pasta in boiling water 5 minutes.
- Add edamame; cook 6 minutes or until tender.
- Drain and rinse with cold water.
- Drain and place in a large bowl.
- Heat a nonstick skillet coated with cooking spray over medium-high heat.
- Add salmon; cook 7 minutes or until fish flakes easily when tested with a fork, turning once. Coarsely chop salmon.
- Add to pasta mixture; toss gently to combine.
- Heat oil in pan over medium-high heat.
- Add onion; saut 4 minutes or until tender.
- Add spinach; cook 2 minutes or just until wilted, stirring frequently.
- Add spinach mixture and dill to pasta mixture; toss gently to combine.
- Add mustard, salt, and pepper; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:7.84, Inflammation Score:-10, Nutrition Score:22.100434738657%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 3.28mg, Isorhamnetin: 3.28mg, Isorhamnetin: 3.28mg, Isorhamnetin: 3.28mg Kaempferol: 3.52mg, Kaempferol: 3.52mg, Kaempferol: 3.52mg, Kaempferol: 3.52mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 11.53mg, Quercetin: 11.53mg, Quercetin: 11.53mg, Quercetin: 11.53mg

Nutrients (% of daily need)

Calories: 202.39kcal (10.12%), Fat: 5.38g (8.28%), Saturated Fat: 0.68g (4.24%), Carbohydrates: 26.05g (8.68%), Net Carbohydrates: 22.36g (8.13%), Sugar: 3.22g (3.58%), Cholesterol: 15.59mg (5.2%), Sodium: 398.52mg (17.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.95g (25.89%), Vitamin K: 219.02µg (208.59%), Vitamin A: 4462.74IU (89.25%), Selenium: 26.92µg (38.46%), Manganese: 0.74mg (37.04%), Folate: 110.81µg (27.7%), Vitamin C: 18.12mg (21.97%), Vitamin B6: 0.41mg (20.44%), Potassium: 640.84mg (18.31%), Magnesium: 63.93mg (15.98%), Iron: 2.79mg (15.49%), Vitamin B3: 3.06mg (15.29%), Vitamin B12: 0.9µg (15.03%), Fiber: 3.7g (14.79%), Phosphorus: 140.41mg (14.04%), Vitamin B2: 0.23mg (13.49%), Copper: 0.22mg (10.99%), Vitamin B1: 0.15mg (9.94%), Calcium: 92.22mg (9.22%), Vitamin E: 1.25mg (8.35%), Vitamin B5: 0.68mg (6.76%), Zinc: 0.87mg (5.77%)