



Salmon and Whole-Wheat Noodles in Ginger Broth

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



444 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup bean sprouts
- 2.5 cups chicken broth low-sodium homemade canned
- 0.3 cup cooking sherry dry
- 2 inch ginger fresh peeled cut into 1/4-inch-thick slices
- 0.5 pound pasta whole-wheat
- 1 pound salmon fillet cut into 4 pieces
- 0.3 teaspoon salt

- 3 scallions including tops green cut into thin slices
- 0.3 pound mushroom caps cut into thin slices
- 0.3 cup soya sauce
- 3 ounces spinach leaves

Equipment

- bowl
- sauce pan
- ladle
- pot

Directions

- In a large pot of boiling, salted water, cook the linguine until almost done, about 12 minutes.
- Drain.
- In a medium saucepan, combine the broth, sherry, soy sauce, ginger, scallions, and salt. Bring to a simmer and continue simmering, covered, for 5 minutes.
- Add the mushrooms and the salmon to the broth and simmer, covered, until the fish is just cooked through, about 6 minutes for a 3/4-inch-thick fillet.
- Remove the salmon from the broth.
- Stir the pasta, spinach, and bean sprouts into the broth. Cover and simmer until the pasta is done, about 3 minutes.
- Put the linguine and vegetables into serving bowls. Top with the salmon and ladle the ginger broth over the top.
- Fish Alternatives: The sherry, soy sauce, and ginger in the broth would also complement meaty tuna steaks. Try them instead of the salmon.
- Wine Recommendation: A full-bodied but acidic white wine will be well-suited to the deep, earthy flavors of the whole-wheat noodles, salmon, and mushrooms. Tokay Pinot Gris from the Alsace in France or smillon from Washington State are both good examples.

Nutrition Facts



■ PROTEIN 33.83% ■ FAT 19.23% ■ CARBS 46.94%

Properties

Glycemic Index:45.75, Glycemic Load:17.89, Inflammation Score:-9, Nutrition Score:35.442608646725%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 443.99kcal (22.2%), Fat: 9.26g (14.24%), Saturated Fat: 1.57g (9.82%), Carbohydrates: 50.83g (16.94%), Net Carbohydrates: 46.95g (17.07%), Sugar: 4.2g (4.67%), Cholesterol: 62.37mg (20.79%), Sodium: 1076.41mg (46.8%), Alcohol: 1.54g (100%), Alcohol %: 0.45% (100%), Protein: 36.64g (73.28%), Vitamin K: 130.03µg (123.83%), Selenium: 79.42µg (113.46%), Vitamin B3: 14.01mg (70.04%), Vitamin B12: 3.75µg (62.56%), Vitamin B6: 1.22mg (60.89%), Manganese: 0.96mg (47.78%), Phosphorus: 460.49mg (46.05%), Vitamin A: 2134.3IU (42.69%), Vitamin B2: 0.68mg (39.75%), Copper: 0.67mg (33.44%), Potassium: 1133.29mg (32.38%), Vitamin B5: 2.74mg (27.44%), Folate: 108.25µg (27.06%), Magnesium: 102.95mg (25.74%), Vitamin B1: 0.37mg (24.34%), Iron: 3.42mg (19.02%), Fiber: 3.88g (15.52%), Zinc: 2.31mg (15.41%), Vitamin C: 11.27mg (13.67%), Calcium: 67.79mg (6.78%), Vitamin E: 0.58mg (3.86%)