



## Salmon Fettuccine with Wasabi Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



389 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 tablespoon cornstarch
- 2 cups fat-skimmed chicken broth
- 0.8 cup nonfat yogurt plain
- 0.3 cup salmon caviar fresh
- 0.8 pound salmon smoked sliced cut into 1/2-inch strips
- 0.5 pound nests of spinach fettuccine dried
- 3 tablespoons wasabi paste

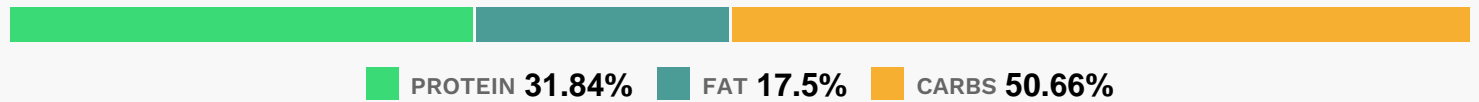
### Equipment

- bowl
- frying pan
- sieve

## Directions

- In a 5- to 6-quart pan over high heat, bring broth, 2 cups water, and fettuccine to a boil; cook, stirring often, until pasta is tender to bite, about 7 minutes.
- Meanwhile, rinse caviar in cold water and drain well in a fine strainer.
- Blend cornstarch with 3 tablespoons water until smooth.
- Stir cornstarch mixture, yogurt, and wasabi with pasta, then stir until boiling again.
- Add salmon and stir gently just until hot, 1 to 2 minutes.
- Serve pasta in bowls and garnish with salmon caviar.

## Nutrition Facts



## Properties

Glycemic Index:11, Glycemic Load:16.96, Inflammation Score:-5, Nutrition Score:26.09304352299%

## Nutrients (% of daily need)

Calories: 388.52kcal (19.43%), Fat: 7.49g (11.52%), Saturated Fat: 1.73g (10.8%), Carbohydrates: 48.79g (16.26%), Net Carbohydrates: 46.03g (16.74%), Sugar: 4.76g (5.29%), Cholesterol: 123.41mg (41.14%), Sodium: 1193.82mg (51.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.66g (61.33%), Selenium: 82.4µg (117.71%), Vitamin D: 16.5µg (110.02%), Vitamin B12: 4.63µg (77.12%), Phosphorus: 429.43mg (42.94%), Vitamin B3: 6.24mg (31.23%), Manganese: 0.56mg (28.03%), Vitamin B2: 0.39mg (22.97%), Vitamin B6: 0.45mg (22.62%), Copper: 0.43mg (21.28%), Vitamin B5: 1.86mg (18.58%), Magnesium: 68.84mg (17.21%), Vitamin E: 2.39mg (15.95%), Potassium: 535.01mg (15.29%), Zinc: 2.15mg (14.35%), Calcium: 142.85mg (14.28%), Vitamin B1: 0.2mg (13.08%), Iron: 2.21mg (12.3%), Fiber: 2.77g (11.07%), Folate: 38.05µg (9.51%), Vitamin C: 7.14mg (8.65%), Vitamin A: 160.51IU (3.21%)