

Salmon Pasta Salad

READY IN



45 min.

SERVINGS



4

CALORIES



230 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup asparagus pieces
- ☐ 4 servings pepper black freshly ground
- ☐ 1 tablespoon capers
- ☐ 1.5 teaspoon dijon mustard
- ☐ 0.5 tsp dillweed or dried
- ☐ 3 green onions finely chopped
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon mayonnaise
- ☐ 2.5 cups rotelle pasta uncooked

- ☐ 1 cup grilled salmon with no bones or skin)
- ☐ 3 tablespoons cup heavy whipping cream fat-free sour

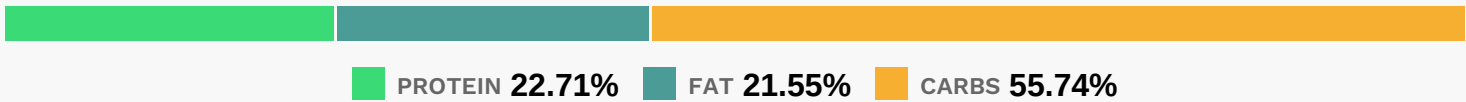
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Prep time: 10 minutes Cooking time: about 15 minutes Cook the pasta until al dente (about 8 minutes), rinse, and drain well. While the pasta is cooking, microwave or steam the asparagus for 3 minutes and broil the salmon.
- ☐ Combine the cooked pasta, asparagus, salmon flakes, and green onions, if desired (reserve some for garnish), in a large serving bowl; toss to mix.
- ☐ Combine dressing ingredients in a small bowl and stir until smooth.
- ☐ Pour the dressing over the pasta salad and toss.
- ☐ Serve orange or tomato slices to play up the flavors of this creamy, tangy salad. How kids can help: Break asparagus spears into pieces; combine salad ingredients; measure and stir dressing ingredients; toss the salad.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:11.61, Inflammation Score:-5, Nutrition Score:13.625652222044%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg Kaempferol: 3.21mg, Kaempferol: 3.21mg, Kaempferol: 3.21mg, Kaempferol: 3.21mg Quercetin: 9.11mg, Quercetin: 9.11mg, Quercetin: 9.11mg, Quercetin: 9.11mg

Nutrients (% of daily need)

Calories: 230.44kcal (11.52%), Fat: 5.5g (8.45%), Saturated Fat: 0.88g (5.47%), Carbohydrates: 31.98g (10.66%), Net Carbohydrates: 29.64g (10.78%), Sugar: 2.03g (2.25%), Cholesterol: 20.98mg (6.99%), Sodium: 130.56mg (5.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.03g (26.05%), Selenium: 38.16µg (54.52%), Vitamin K: 38.99µg (37.14%), Manganese: 0.44mg (22.22%), Vitamin B6: 0.38mg (18.77%), Vitamin B3: 3.72mg (18.61%), Vitamin B12: 1.11µg (18.54%), Phosphorus: 172.27mg (17.23%), Copper: 0.28mg (13.88%), Vitamin B2: 0.23mg (13.26%), Vitamin B1: 0.17mg (11.52%), Potassium: 367.98mg (10.51%), Folate: 40.95µg (10.24%), Magnesium: 39.68mg (9.92%), Iron: 1.75mg (9.74%), Fiber: 2.34g (9.34%), Vitamin B5: 0.84mg (8.44%), Vitamin A: 393.99IU (7.88%), Zinc: 1.04mg (6.92%), Vitamin C: 5.18mg (6.27%), Calcium: 42.88mg (4.29%), Vitamin E: 0.61mg (4.1%)