



Salmon-Pasta Toss

 Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



459 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 oz pasta uncooked
- 1 tablespoon olive oil
- 12 oz salmon fillet skinless cut into 1-inch pieces
- 1 cup mushrooms fresh sliced
- 12 asparagus cut into 1-inch pieces
- 2 cloves garlic finely chopped
- 0.3 cup basil dried fresh chopped
- 12 grape tomatoes

- 2 tablespoons spring onion sliced
- 4 teaspoons cornstarch
- 1 cup chicken broth (from 32-oz carton)
- 0.3 cup parmesan shredded

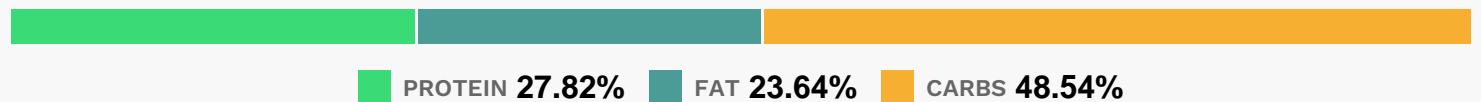
Equipment

- frying pan
- measuring cup

Directions

- Cook and drain linguine as directed on package, omitting salt.
- Meanwhile, in 12-skillet nonstick, heat oil over medium heat. Cook salmon in oil 4 to 5 minutes, stirring gently and frequently, until salmon flakes easily with fork (salmon may break apart).
- Remove from skillet.
- Increase heat to medium-high.
- Add mushrooms, asparagus and garlic to skillet; cook and stir 2 minutes. Stir in basil, tomatoes and onions; cook and stir 1 minute longer.
- In 2-cup glass measuring cup, stir cornstarch into broth.
- Add to vegetable mixture. Cook and stir 1 to 2 minutes or until sauce is thickened and bubbly. Stir in salmon.
- Serve over linguine.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:58.25, Glycemic Load:18.23, Inflammation Score:-9, Nutrition Score:43.157391060954%

Flavonoids

Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg

Nutrients (% of daily need)

Calories: 459.42kcal (22.97%), Fat: 12.34g (18.99%), Saturated Fat: 2.87g (17.97%), Carbohydrates: 57.03g (19.01%), Net Carbohydrates: 47.65g (17.33%), Sugar: 4.87g (5.41%), Cholesterol: 52.2mg (17.4%), Sodium: 375.84mg (16.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.68g (65.35%), Vitamin K: 286.02µg (272.4%), Manganese: 2.19mg (109.36%), Selenium: 72.58µg (103.69%), Iron: 16.17mg (89.85%), Vitamin B6: 1.11mg (55.5%), Vitamin B3: 10.18mg (50.92%), Vitamin B12: 2.8µg (46.68%), Calcium: 451.98mg (45.2%), Vitamin B2: 0.77mg (45.17%), Copper: 0.9mg (45.15%), Magnesium: 178.71mg (44.68%), Phosphorus: 425mg (42.5%), Fiber: 9.38g (37.51%), Potassium: 1256.93mg (35.91%), Folate: 116.4µg (29.1%), Vitamin B1: 0.38mg (25.43%), Vitamin B5: 2.36mg (23.64%), Zinc: 3.11mg (20.72%), Vitamin A: 1011.78IU (20.24%), Vitamin E: 3.02mg (20.16%), Vitamin C: 11.33mg (13.73%)