



Salmon-Pasta Toss

 Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



425 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 12 asparagus cut into 1-inch pieces
- 1 cup chicken broth (from 32-oz carton)
- 4 teaspoons cornstarch
- 1 cup mushrooms fresh sliced
- 2 cloves garlic finely chopped
- 12 grape tomatoes
- 2 tablespoons spring onion sliced
- 8 oz pasta uncooked

- 1 tablespoon olive oil
- 0.3 cup parmesan shredded
- 12 oz salmon fillet skinless cut into 1-inch pieces

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



PROTEIN 27.71% **FAT 25%** **CARBS 47.29%**

Properties

Glycemic Index:58.25, Glycemic Load:18.23, Inflammation Score:-8, Nutrition Score:26.824782755064%

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: 424.96kcal (21.25%), Fat: 11.74g (18.06%), Saturated Fat: 2.56g (15.97%), Carbohydrates: 49.97g (16.66%), Net Carbohydrates: 46.17g (16.79%), Sugar: 4.62g (5.13%), Cholesterol: 52.2mg (17.4%), Sodium: 364.61mg (15.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.28g (58.56%), Selenium: 72.14µg (103.06%), Vitamin B3: 9.46mg (47.3%), Vitamin B12: 2.8µg (46.68%), Vitamin B6: 0.91mg (45.59%), Phosphorus: 384.49mg (38.45%), Manganese: 0.74mg (36.9%), Vitamin B2: 0.59mg (34.74%), Vitamin K: 32.5µg (30.95%), Copper: 0.59mg (29.62%), Potassium: 868.04mg (24.8%), Vitamin B1: 0.37mg (24.64%), Vitamin B5: 2.24mg (22.41%), Magnesium: 73.58mg (18.39%), Vitamin A: 901.76IU (18.04%), Folate: 70.56µg (17.64%), Iron: 2.89mg (16.08%), Fiber: 3.8g (15.21%), Zinc: 2.06mg (13.72%), Vitamin C: 11.21mg (13.59%), Calcium: 120.75mg (12.08%), Vitamin E: 1.44mg (9.61%)