



 **54%**  
HEALTH SCORE

## Salmon With Dijon Butter Sauce, Asparagus and Herb Butter Angel Hair Pasta

READY IN



40 min.

SERVINGS



2

CALORIES



930 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 ounce angel hair pasta
- 0.5 pound asparagus spears trimmed peeled
- 2 tablespoons butter
- 1 tablespoon dijon mustard
- 1 tablespoon basil fresh chopped
- 2 servings salt and ground pepper black to taste
- 0.5 juice of lemon halved (juice only)
- 2 tablespoons olive oil

- 1 tablespoon parsley minced
- 0.3 cup pecans chopped
- 8 ounce fillets salmon

## Equipment

- frying pan
- paper towels
- sauce pan
- pot

## Directions

- Place asparagus spears into a large skillet, and pour in enough water to cover the bottom of the skillet about 1/2 inch deep.
- Place skillet over medium heat, bring to a boil, and reduce heat to medium-low. Simmer until the water has evaporated, about 5 minutes.
- Stir unsalted butter and pecans into the skillet with asparagus, and let simmer until asparagus are beginning to brown and pecans are fragrant, about 2 more minutes.
- Remove from heat.
- Season salmon fillets with salt and black pepper and set aside for about 5 minutes; pat off any excess moisture with paper towels.
- Heat olive oil in a skillet over medium-high heat, and pan-fry the salmon fillets in the hot oil until browned and the flesh flakes easily and is nearly opaque in the center, 4 to 5 minutes per side. Squeeze half a lemon over the salmon fillets as they cook.
- Fill a large pot with lightly salted water and bring to a boil; stir in the angel hair pasta, and return to a boil. Cook the pasta uncovered, stirring occasionally, until cooked through but still slightly firm, 4 to 5 minutes.
- Drain well and return to saucepan.
- Stir 2 tablespoons butter, parsley, and basil into the cooked pasta until coated; sprinkle with salt and black pepper to taste.
- To make sauce, melt 2 more tablespoons of butter in a small saucepan over low heat until melted; stir in Dijon mustard, and squeeze remaining lemon half into the sauce. Allow to simmer for about 3 minutes to blend flavors.

To serve, divide angel hair pasta between two plates, top each serving of pasta with half the asparagus and pecans, and arrange a fillet over the asparagus. Spoon Dijon dressing over fillets to serve.

## Nutrition Facts

**PROTEIN 17.79%** **FAT 42.82%** **CARBS 39.39%**

### Properties

Glycemic Index:150, Glycemic Load:34.81, Inflammation Score:-9, Nutrition Score:41.118260922639%

### Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 15.89mg, Quercetin: 15.89mg, Quercetin: 15.89mg, Quercetin: 15.89mg

### Nutrients (% of daily need)

Calories: 930.13kcal (46.51%), Fat: 44.5g (68.46%), Saturated Fat: 11.47g (71.68%), Carbohydrates: 92.11g (30.7%), Net Carbohydrates: 84.34g (30.67%), Sugar: 6.03g (6.69%), Cholesterol: 92.47mg (30.82%), Sodium: 233.02mg (10.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.59g (83.19%), Selenium: 118.89µg (169.84%), Manganese: 1.91mg (95.5%), Vitamin K: 94.4µg (89.9%), Vitamin B6: 1.23mg (61.66%), Vitamin B3: 12.2mg (61%), Vitamin B12: 3.63µg (60.5%), Phosphorus: 551.76mg (55.18%), Copper: 1mg (50.2%), Vitamin B1: 0.63mg (41.95%), Vitamin B2: 0.69mg (40.61%), Magnesium: 131.49mg (32.87%), Potassium: 1131.29mg (32.32%), Fiber: 7.77g (31.08%), Iron: 5.52mg (30.69%), Vitamin A: 1487.69IU (29.75%), Folate: 116.91µg (29.23%), Vitamin B5: 2.86mg (28.63%), Vitamin E: 4mg (26.66%), Zinc: 3.65mg (24.33%), Vitamin C: 12.27mg (14.88%), Calcium: 87.82mg (8.78%)