



WHATSheATE



HEALTH SCORE

88%

Seared Salmon with Linguine and Ramp Pesto



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



614 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup almonds
- ☐ 1 cup asiago cheese freshly grated
- ☐ 0.7 cup fennel bulb trimmed thinly sliced
- ☐ 2 tablespoons tarragon fresh chopped
- ☐ 12 ounces pasta
- ☐ 2 tablespoons olive oil divided
- ☐ 36 ounce salmon fillet

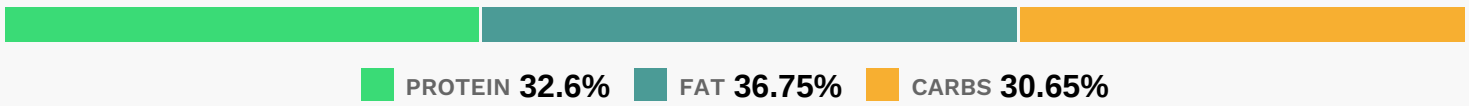
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat 1 tablespoon oil in large nonstick skillet over medium heat.
- ☐ Add 2/3 cup ramp bulbs and stems to skillet and sauté just until soft but not browned, reducing heat if necessary to prevent browning, about 5 minutes.
- ☐ Transfer sautéed ramps to processor (do not clean skillet).
- ☐ Add green tops, cheese, almonds, and tarragon to processor; process until finely chopped. With machine running, gradually add 1/2 cup oil and puree until almost smooth.
- ☐ Transfer pesto to bowl. Season to taste with salt and pepper. DO AHEAD: Can be made 1 day ahead; cover and chill.
- ☐ Cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
- ☐ Meanwhile, heat remaining 1 tablespoon oil in same large skillet over medium-high heat.
- ☐ Sprinkle salmon with salt and pepper.
- ☐ Add salmon to skillet and cook just until opaque in center, about 4 minutes per side.
- ☐ Drain pasta, reserving 3/4 cup pasta cooking liquid. Return pasta to pot; add all but 1/4 cup pesto and toss to coat, adding enough pasta cooking liquid by tablespoonfuls to moisten. Season with salt and pepper. Divide pasta among plates. Top with salmon.
- ☐ Spread remaining 1/4 cup pesto over fish and serve.
- ☐ * Available at some supermarkets and at specialty foods stores and Italian markets.
- ☐ ** Tender Spanish almonds that are usually sold roasted and salted; available at specialty foods stores and natural foods stores and from tienda.com.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:18.12, Inflammation Score:-7, Nutrition Score:34.663478366707%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 614.36kcal (30.72%), Fat: 24.76g (38.1%), Saturated Fat: 5.56g (34.74%), Carbohydrates: 46.47g (15.49%), Net Carbohydrates: 43.19g (15.7%), Sugar: 2.37g (2.64%), Cholesterol: 104.89mg (34.96%), Sodium: 351.89mg (15.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.43g (98.87%), Selenium: 102.17µg (145.95%), Vitamin B12: 5.61µg (93.48%), Vitamin B6: 1.56mg (77.94%), Vitamin B3: 14.94mg (74.68%), Phosphorus: 613.37mg (61.34%), Vitamin B2: 0.86mg (50.63%), Manganese: 0.94mg (46.82%), Copper: 0.7mg (34.92%), Potassium: 1144.01mg (32.69%), Vitamin B5: 3.21mg (32.1%), Vitamin B1: 0.47mg (31%), Magnesium: 117.9mg (29.48%), Calcium: 282.38mg (28.24%), Vitamin E: 2.86mg (19.07%), Iron: 3.38mg (18.78%), Zinc: 2.7mg (18.03%), Folate: 66.4µg (16.6%), Fiber: 3.28g (13.12%), Vitamin K: 9.22µg (8.78%), Vitamin A: 309.24IU (6.18%), Vitamin C: 2.33mg (2.82%)