



## Serrano-Orange Glazed Salmon Pasta

READY IN



30 min.

SERVINGS



30

CALORIES



77 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 6 slices oscar mayer bacon cut into 1-inch pieces
- 1 chipotle chile pepper finely chopped
- 2 Tbsp cilantro leaves finely chopped
- 1 cup coarsley onions red chopped
- 2 Tbsp parmesan cheese grated kraft
- 8 large pimento-stuffed olives green coarsely chopped
- 0.5 lb serrano-orange glazed salmon flaked
- 0.8 lb pasta like spaghetti uncooked

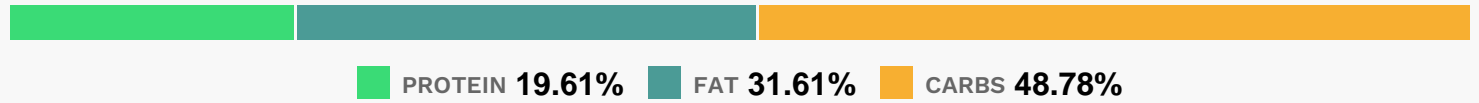
# Equipment

- bowl
- frying pan

# Directions

- Cook pasta as directed on package.
- Meanwhile, cook bacon in large skillet on medium-high heat until almost crisp.
- Add onions, peppers, olives and Serrano-Orange Glazed Salmon; stir. Cook 8 min. or until bacon is crisp, onions are tender and salmon is heated through, stirring occasionally.
- Drain pasta; place in large bowl.
- Add salmon mixture and cilantro; mix lightly.
- Sprinkle with the cheese.

# Nutrition Facts



# Properties

Glycemic Index:3.37, Glycemic Load:3.51, Inflammation Score:-1, Nutrition Score:2.7852173616057%

# Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

# Nutrients (% of daily need)

Calories: 77.01kcal (3.85%), Fat: 2.67g (4.11%), Saturated Fat: 0.77g (4.81%), Carbohydrates: 9.27g (3.09%), Net Carbohydrates: 8.71g (3.17%), Sugar: 0.63g (0.7%), Cholesterol: 7.35mg (2.45%), Sodium: 56.03mg (2.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.45%), Selenium: 10.96µg (15.66%), Manganese: 0.11mg (5.65%), Vitamin B3: 0.97mg (4.87%), Vitamin B6: 0.1mg (4.83%), Phosphorus: 46.6mg (4.66%), Vitamin B12: 0.27µg (4.45%), Copper: 0.06mg (2.85%), Vitamin B1: 0.04mg (2.81%), Vitamin B2: 0.04mg (2.46%), Magnesium: 9.5mg (2.38%), Potassium: 80.03mg (2.29%), Fiber: 0.56g (2.22%), Vitamin B5: 0.21mg (2.07%), Zinc: 0.28mg (1.9%), Iron: 0.24mg (1.36%), Folate: 5.01µg (1.25%)