



Smoked Salmon and Asparagus Primavera Pasta

 Dairy Free

READY IN



20 min.

SERVINGS



3

CALORIES



577 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10 oz alfredo sauce refrigerated reduced-fat
- ☐ 1 lb asparagus trimmed cut into 2-inch pieces
- ☐ 9 oz fettuccine barilla refrigerated
- ☐ 4.5 oz salmon smoked skinless
- ☐ 0.3 cup water

Equipment

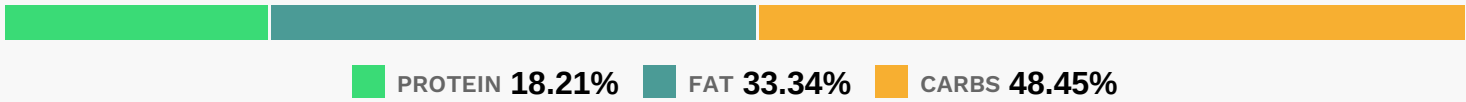
- ☐ bowl

☐ sauce pan

Directions

- ☐ Cook fettuccine to desired doneness as directed on package.
- ☐ Drain; cover to keep warm.
- ☐ Meanwhile, place 1/3 cup water in medium saucepan. Bring just to a boil over medium heat. Reduce heat to medium-low.
- ☐ Add asparagus; cover and cook 4 to 6 minutes or until tender. Do not drain.
- ☐ Add Alfredo sauce and salmon; cover and cook an additional 2 to 3 minutes or just until thoroughly heated.
- ☐ Place fettuccine in large serving bowl.
- ☐ Add asparagus mixture; toss to coat.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:26.3, Inflammation Score:-8, Nutrition Score:28.430434786755%

Flavonoids

Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg Quercetin: 21.14mg, Quercetin: 21.14mg, Quercetin: 21.14mg, Quercetin: 21.14mg

Nutrients (% of daily need)

Calories: 576.68kcal (28.83%), Fat: 21.29g (32.76%), Saturated Fat: 9.21g (57.55%), Carbohydrates: 69.6g (23.2%), Net Carbohydrates: 63.62g (23.13%), Sugar: 5.95g (6.61%), Cholesterol: 143.21mg (47.74%), Sodium: 990.71mg (43.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.17g (52.33%), Selenium: 84.27µg (120.39%), Vitamin K: 63.37µg (60.35%), Vitamin D: 7.53µg (50.18%), Manganese: 0.97mg (48.66%), Phosphorus: 353.33mg (35.33%), Copper: 0.64mg (32.02%), Iron: 5.21mg (28.96%), Vitamin B12: 1.63µg (27.22%), Vitamin B3: 5.27mg (26.36%), Folate: 104.14µg (26.03%), Vitamin B1: 0.37mg (24.71%), Vitamin A: 1232.78IU (24.66%), Fiber: 5.98g (23.93%), Vitamin B6: 0.44mg (21.98%), Magnesium: 78.41mg (19.6%), Vitamin B2: 0.33mg (19.57%), Vitamin E: 2.6mg (17.32%), Zinc: 2.58mg (17.23%), Potassium: 587.35mg (16.78%), Vitamin B5: 1.56mg (15.6%), Vitamin C: 8.47mg (10.26%), Calcium: 71.52mg (7.15%)