



Smoked Salmon and Farfalle in Lemon Cream Sauce

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

553 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup cooking wine dry white
- ☐ 12 ounces farfalle pasta
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup cup heavy whipping cream sour reduced-fat
- ☐ 1 tablespoon olive oil
- ☐ 10 ounce peas frozen
- ☐ 0.5 cup shallots finely chopped
- ☐ 4 ounces salmon smoked thinly sliced

☐ 1 tablespoon tarragon minced

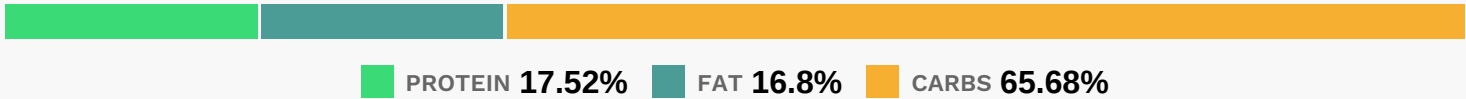
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ colander

Directions

- ☐ Cook pasta.
- ☐ Drain in a colander over a bowl, reserving 1/4 cup cooking liquid.
- ☐ Heat oil in medium saucepan over medium-low heat.
- ☐ Add shallots; cook 5 minutes, stirring frequently.
- ☐ Add wine; simmer 8 minutes or until reduced to about 1/2 cup.
- ☐ Add sour cream, stirring with whisk until smooth.
- ☐ Remove from heat; stir in peas and salmon.
- ☐ Combine pasta and reserved cooking liquid with cream sauce. Stir in juice and tarragon.
- ☐ Let stand 3 minutes for pasta to absorb sauce. Season with salt and pepper, if desired.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:50.33, Glycemic Load:30.23, Inflammation Score:-8, Nutrition Score:25.618261171424%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg

0.33mg, Naringenin: 0.33mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg,
Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 553.45kcal (27.67%), Fat: 9.51g (14.64%), Saturated Fat: 2.97g (18.57%), Carbohydrates: 83.68g (27.89%),
Net Carbohydrates: 75.82g (27.57%), Sugar: 9.44g (10.49%), Cholesterol: 16.58mg (5.53%), Sodium: 262.55mg
(11.42%), Alcohol: 6.18g (100%), Alcohol %: 2.48% (100%), Protein: 22.33g (44.65%), Selenium: 65.6µg (93.72%),
Manganese: 1.37mg (68.61%), Vitamin C: 34.75mg (42.12%), Phosphorus: 338.81mg (33.88%), Vitamin D: 4.91µg
(32.7%), Fiber: 7.86g (31.44%), Vitamin B6: 0.5mg (25.14%), Copper: 0.48mg (24.09%), Magnesium: 95.17mg
(23.79%), Vitamin B3: 4.57mg (22.86%), Vitamin B1: 0.31mg (20.67%), Folate: 82.06µg (20.51%), Iron: 3.52mg
(19.54%), Vitamin K: 20.42µg (19.45%), Potassium: 675.14mg (19.29%), Vitamin B12: 1.04µg (17.42%), Zinc: 2.57mg
(17.15%), Vitamin A: 736.28IU (14.73%), Vitamin B2: 0.25mg (14.54%), Calcium: 115.99mg (11.6%), Vitamin B5: 0.81mg
(8.09%), Vitamin E: 1.18mg (7.88%)