



Smoked salmon carbonara

READY IN



10 min.

SERVINGS



2

CALORIES



826 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 200 g pasta like spaghetti
- ☐ 1 tsp butter
- ☐ 1 garlic clove crushed
- ☐ 150 ml double cream
- ☐ 2 eggs beaten
- ☐ 3 tbsp parmesan freshly grated
- ☐ 120 g salmon smoked
- ☐ 0.5 small bunch chives snipped

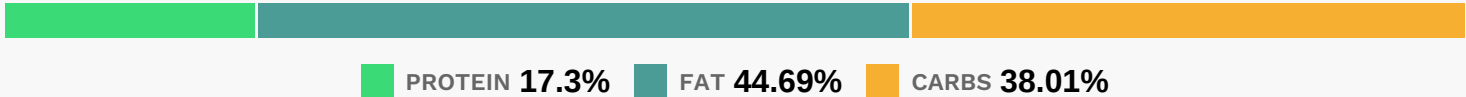
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook the spaghetti. Meanwhile, melt the butter in a small pan, add the garlic and gently sizzle for 1 min.
- ☐ Remove from the heat.
- ☐ Lightly beat the cream, eggs, softened garlic and half the Parmesan in a bowl. Stir in the smoked salmon trimmings.
- ☐ Drain the pasta well and return to the pan.
- ☐ Add the salmon mixture and the chives, then toss well so the heat from the pasta lightly thickens the sauce.
- ☐ Serve scattered with the remaining Parmesan and plenty of black pepper.

Nutrition Facts



Properties

Glycemic Index:97, Glycemic Load:30.23, Inflammation Score:-8, Nutrition Score:25.939565404602%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 825.5kcal (41.28%), Fat: 40.71g (62.64%), Saturated Fat: 22.11g (138.21%), Carbohydrates: 77.91g (25.97%), Net Carbohydrates: 74.66g (27.15%), Sugar: 5.13g (5.7%), Cholesterol: 292.41mg (97.47%), Sodium: 251.76mg (10.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.46g (70.92%), Selenium: 102.81µg (146.87%), Phosphorus: 495.4mg (49.54%), Manganese: 0.97mg (48.5%), Vitamin B12: 2.51µg (41.91%), Vitamin B2: 0.66mg (38.79%), Vitamin B6: 0.76mg (38.04%), Vitamin B3: 6.54mg (32.68%), Vitamin A: 1535.39IU (30.71%), Copper: 0.49mg (24.37%), Vitamin B5: 2.35mg (23.45%), Magnesium: 85.11mg (21.28%), Calcium: 195.67mg (19.57%),

Potassium: 665.87mg (19.02%), Zinc: 2.77mg (18.49%), Vitamin B1: 0.27mg (17.67%), Iron: 2.73mg (15.16%), Folate: 58.39µg (14.6%), Vitamin D: 2.12µg (14.16%), Fiber: 3.26g (13.03%), Vitamin E: 1.34mg (8.96%), Vitamin K: 5.1µg (4.86%), Vitamin C: 1.5mg (1.82%)