



 **13%**
HEALTH SCORE

Smoked Salmon Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



472 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter
- 1 tablespoon thyme sprigs fresh
- 2 garlic clove minced ()
- 0.5 cup cup heavy whipping cream
- 0.5 tablespoon milk
- 0.7 cup onion chopped
- 0.3 cup parmesan
- 2 cups penne pasta canned (but you can use anything!!)
- 0.5 cup bell pepper red finely chopped

- 4 servings salt and pepper to taste
- 8 ounces salmon smoked

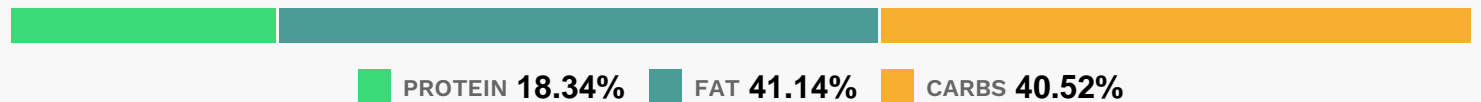
Equipment

- sauce pan

Directions

- In saucepan, melt butter over medium heat.
- Saute onion and red pepper about 1 minute.
- Add garlic and saute for another minute or two.
- Add smoked salmon and saute 2 minutes. Bring the temperature up a notch and add cream, milk, salt, pepper, thyme, and half of the Parmesan cheese. Reduce to low. Stir gently about 5 minutes until it thickens a bit. Don't let it boil.
- Remove from heat and keep warm. Cook pasta following package instructions until al dente.
- Pour sauce over pasta.
- Sprinkle with more Parmesan cheese to serve.

Nutrition Facts



Properties

Glycemic Index:72.75, Glycemic Load:17.98, Inflammation Score:-10, Nutrition Score:20.670869565217%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg

Nutrients (% of daily need)

Calories: 471.5kcal (23.58%), Fat: 21.51g (33.09%), Saturated Fat: 12.22g (76.35%), Carbohydrates: 47.68g (15.89%), Net Carbohydrates: 44.76g (16.28%), Sugar: 4.44g (4.94%), Cholesterol: 66.18mg (22.06%), Sodium: 797.79mg (34.69%), Protein: 21.57g (43.14%), Selenium: 56.69µg (80.99%), Vitamin D: 10.22µg (68.16%), Vitamin C: 29.26mg

(35.47%), Vitamin B12: 1.99µg (33.22%), Manganese: 0.64mg (31.9%), Phosphorus: 280.23mg (28.02%), Vitamin A: 1380.39IU (27.61%), Vitamin B3: 3.93mg (19.65%), Vitamin B6: 0.37mg (18.29%), Copper: 0.33mg (16.31%), Magnesium: 53.3mg (13.32%), Calcium: 133.03mg (13.3%), Vitamin B2: 0.21mg (12.09%), Fiber: 2.92g (11.68%), Vitamin E: 1.58mg (10.53%), Potassium: 358.11mg (10.23%), Iron: 1.76mg (9.8%), Vitamin B5: 0.96mg (9.63%), Zinc: 1.37mg (9.12%), Folate: 27.56µg (6.89%), Vitamin B1: 0.1mg (6.64%), Vitamin K: 2.71µg (2.58%)