



Smoked Salmon Pasta

 Popular

READY IN



40 min.

SERVINGS



2

CALORIES



897 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounces spaghetti pasta (or other)
- ☐ 2 servings salt
- ☐ 0.3 cup pinenuts
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 0.3 cup shallots chopped (can substitute onions)
- ☐ 2 cloves garlic minced
- ☐ 0.3 cup cooking wine dry white with tbsp of lemon juice)
- ☐ 0.3 cup cup heavy whipping cream

- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons lemon zest divided (into 1 Tbsp and 1 Tbsp)
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 4 ounces salmon smoked cut into bite sized pieces
- ☐ 2 servings ground pepper fresh black

Equipment

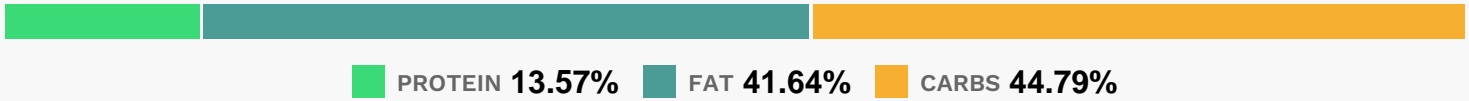
- ☐ frying pan
- ☐ pot
- ☐ kitchen timer

Directions

- ☐ Put pasta water on to boil:
- ☐ Heat to boiling a large pot with at least 4 quarts of salted water in it. (2 Tbsp of salt for 4 quarts of water.)
- ☐ Toast the pine nuts: While the water is heating, brown the pine nuts.
- ☐ Put the pine nuts in a single layer in a large skillet.
- ☐ Heat on medium heat, stirring occasionally, until fragrant and lightly browned.
- ☐ Remove pine nuts from pan and set aside.
- ☐ Start cooking the pasta: Once the water is boiling, add the pasta to the pot. Cook uncovered on high heat at a rolling boil.
- ☐ Put the timer on for 8–10 minutes, or whatever your pasta package says is appropriate for al dente (cooked but still a little firm).
- ☐ Once the pasta is done, and before draining the pasta, scoop out one cup of the pasta cooking liquid and reserve.
- ☐ Prepare the sauce: While the pasta is cooking, prepare the sauce. In a large skillet heat olive oil on medium heat.
- ☐ Add the shallots and garlic, cook for 2 minutes, then add white wine, lemon juice, and 1 Tbsp of lemon zest. Increase the heat and let boil down by half.
- ☐ If you want a slightly creamy sauce, add the cream and let boil a minute more.

- ☐ The sauce should be done about the same time the pasta is done. If you get done earlier with it than the pasta, take it off the heat.
- ☐ Add pasta, some pasta cooking liquid, smoked salmon, toasted pine nuts, parsley, zest to sauce:
- ☐ Drain the pasta and add it to the skillet with the sauce.
- ☐ Add back some of the pasta cooking liquid to the pasta if it is a little dry.
- ☐ Add the smoked salmon, toasted pine nuts, parsley, and the remaining lemon zest. Season with freshly ground black pepper.

Nutrition Facts



Properties

Glycemic Index:90.5, Glycemic Load:36.13, Inflammation Score:-8, Nutrition Score:33.862608785215%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 897.35kcal (44.87%), Fat: 40.57g (62.41%), Saturated Fat: 10.46g (65.4%), Carbohydrates: 98.18g (32.73%), Net Carbohydrates: 91.79g (33.38%), Sugar: 8.49g (9.44%), Cholesterol: 46.66mg (15.55%), Sodium: 663.7mg (28.86%), Alcohol: 4.12g (100%), Alcohol %: 1.58% (100%), Protein: 29.76g (59.52%), Manganese: 2.77mg (138.39%), Selenium: 92.05µg (131.5%), Vitamin K: 84.94µg (80.89%), Vitamin D: 10.17µg (67.81%), Phosphorus: 460.84mg (46.08%), Copper: 0.74mg (37.18%), Magnesium: 131.3mg (32.83%), Vitamin E: 4.83mg (32.2%), Vitamin B12: 1.9µg (31.6%), Vitamin B3: 5.59mg (27.96%), Vitamin B6: 0.56mg (27.79%), Fiber: 6.39g (25.57%), Vitamin C: 20.37mg (24.69%), Iron: 3.94mg (21.91%), Zinc: 3.24mg (21.59%), Potassium: 694.23mg (19.84%), Vitamin A: 834.35IU (16.69%), Vitamin B1: 0.22mg (14.87%), Vitamin B2: 0.25mg (14.51%), Vitamin B5: 1.31mg (13.07%), Folate: 50.75µg (12.69%), Calcium: 90.72mg (9.07%)