



Smoked Salmon Pasta Salad

 Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



368 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound penne rigati dry
- ☐ 8 servings salt for the pasta water
- ☐ 8 servings olive oil extra virgin
- ☐ 1 tablespoons mayonnaise
- ☐ 4 ounce salmon smoked shredded
- ☐ 0.5 cup bell pepper yellow finely chopped
- ☐ 0.5 cup celery finely chopped
- ☐ 0.3 cup green onions chopped (scallions)

- ☐ 1 teaspoon salt
- ☐ 8 servings pepper freshly ground
- ☐ 1 pinch optional: dill dried
- ☐ 1 tablespoon juice of lemon

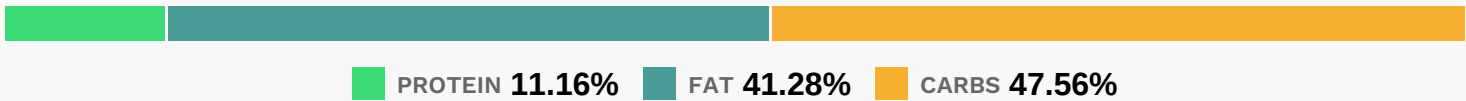
Equipment

- ☐ pot

Directions

- ☐ Cook the pasta: Bring a large pot of salted water to a boil (use a tablespoon of salt for every 2 quarts of water).
- ☐ Add the pasta. Cook uncovered, at a rolling boil until al dente, or tender, but still a bit firm.
- ☐ Drain and rinse under cold water. (If you are making the pasta ahead of time, stir in a little olive oil to keep the pasta from sticking to each other.)
- ☐ Note that if you are using different kinds of pasta, you may want to cook them separately as different types of pasta cook at different rates.
- ☐ Stir in the rest of the ingredients, adjusting the amounts of mayonnaise, lemon juice, salt, and pepper to taste.
- ☐ Serve chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:17.11, Inflammation Score:-4, Nutrition Score:11.598695630613%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 367.98kcal (18.4%), Fat: 16.83g (25.89%), Saturated Fat: 2.43g (15.22%), Carbohydrates: 43.62g (14.54%), Net Carbohydrates: 41.49g (15.09%), Sugar: 1.73g (1.92%), Cholesterol: 4mg (1.33%), Sodium: 434.47mg (18.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.24g (20.47%), Selenium: 40.55µg (57.92%), Manganese: 0.56mg (28.18%), Vitamin C: 18.66mg (22.62%), Vitamin K: 19.83µg (18.89%), Vitamin D: 2.43µg (16.18%), Vitamin E: 2.37mg (15.77%), Phosphorus: 136.67mg (13.67%), Copper: 0.25mg (12.59%), Magnesium: 38.28mg (9.57%), Vitamin B3: 1.76mg (8.79%), Fiber: 2.13g (8.51%), Vitamin B12: 0.46µg (7.74%), Vitamin B6: 0.15mg (7.28%), Iron: 1.12mg (6.2%), Zinc: 0.91mg (6.09%), Potassium: 203.97mg (5.83%), Folate: 17.66µg (4.42%), Vitamin B5: 0.41mg (4.08%), Vitamin B1: 0.06mg (4.08%), Vitamin B2: 0.06mg (3.41%), Calcium: 29.61mg (2.96%), Vitamin A: 99.57IU (1.99%)