



Smoked Salmon Pasta Salad

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



242 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 ounces asparagus sliced
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.3 cups cherry tomatoes
- ☐ 1.3 ounces feta cheese with basil and sun-dried tomatoes crumbled
- ☐ 0.5 cup olive oil vinaigrette reduced-fat
- ☐ 0.3 teaspoon salt
- ☐ 4 ounce salmon smoked
- ☐ 2 cups farfelle uncooked (bow tie pasta)

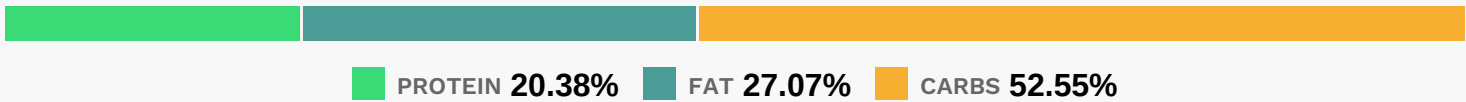
Equipment

☐ bowl

Directions

- ☐ Cook pasta in boiling water 7 minutes, omitting salt and fat.
- ☐ Add asparagus; cook 4 more minutes.
- ☐ Drain pasta mixture. Rinse with cold water; drain well.
- ☐ Cut salmon into 1/2-inch-wide strips.
- ☐ Combine pasta mixture, salmon, tomatoes, and remaining ingredients in a large bowl; toss gently.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:10.71, Inflammation Score:-8, Nutrition Score:18.977826242862%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Quercetin: 12.22mg, Quercetin: 12.22mg, Quercetin: 12.22mg, Quercetin: 12.22mg

Nutrients (% of daily need)

Calories: 241.68kcal (12.08%), Fat: 7.51g (11.55%), Saturated Fat: 1.17g (7.34%), Carbohydrates: 32.79g (10.93%), Net Carbohydrates: 28.55g (10.38%), Sugar: 7.02g (7.8%), Cholesterol: 6.52mg (2.17%), Sodium: 386.22mg (16.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.72g (25.44%), Selenium: 30.85µg (44.07%), Vitamin K: 44.16µg (42.06%), Manganese: 0.65mg (32.48%), Vitamin D: 4.85µg (32.32%), Copper: 0.48mg (24.01%), Vitamin C: 18.99mg (23.02%), Iron: 3.65mg (20.27%), Potassium: 707.59mg (20.22%), Vitamin A: 976.53IU (19.53%), Phosphorus: 193.45mg (19.35%), Vitamin B3: 3.76mg (18.81%), Fiber: 4.24g (16.95%), Vitamin E: 2.42mg (16.12%), Folate: 62.53µg (15.63%), Vitamin B12: 0.92µg (15.4%), Vitamin B1: 0.22mg (14.71%), Magnesium: 55.19mg (13.8%), Vitamin B6: 0.27mg (13.33%), Vitamin B2: 0.22mg (13.06%), Vitamin B5: 0.86mg (8.63%), Zinc: 1.22mg (8.14%), Calcium: 45.78mg (4.58%)