



WHATSheATE



HEALTH SCORE

61%

Smoked salmon spaghetti with chilli & lemon



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



3

CALORIES



476 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 300 g pasta like spaghetti
- ☐ 1 tbsp olive oil
- ☐ 1 to 5 chillies red deseeded finely chopped
- ☐ 120 g salmon smoked
- ☐ 1 lemon zest to taste
- ☐ 1 handful spring onion good snipped finely chopped

Equipment

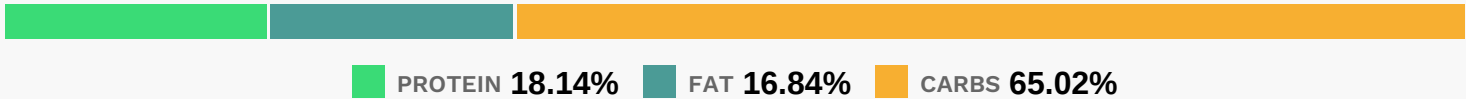
- ☐ frying pan

- ☐ wooden spoon
- ☐ wok

Directions

- ☐ Cook the spaghetti for 10 mins or following pack instructions until al dente.
- ☐ Meanwhile, heat the oil in a wok or large frying pan and briefly fry the chilli to soften it.
- ☐ Drain the spaghetti, reserving a little of the water, then tip into the wok and, using 2 wooden spoons, toss in the chilli oil until well mixed.
- ☐ Add the salmon, lemon zest and chives or onions, then toss again. Season and add lemon juice to taste.

Nutrition Facts



Properties

Glycemic Index:39.67, Glycemic Load:30.52, Inflammation Score:-5, Nutrition Score:18.642173953678%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 476.1kcal (23.8%), Fat: 8.79g (13.52%), Saturated Fat: 1.32g (8.25%), Carbohydrates: 76.34g (25.45%), Net Carbohydrates: 72.69g (26.43%), Sugar: 3.56g (3.95%), Cholesterol: 22mg (7.33%), Sodium: 25.22mg (1.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.29g (42.59%), Selenium: 77.89µg (111.27%), Manganese: 0.95mg (47.6%), Vitamin C: 24.2mg (29.33%), Phosphorus: 275.81mg (27.58%), Vitamin B6: 0.55mg (27.44%), Vitamin B3: 5.04mg (25.2%), Vitamin B12: 1.27µg (21.2%), Copper: 0.41mg (20.52%), Magnesium: 68.42mg (17.1%), Fiber: 3.65g (14.58%), Potassium: 471.47mg (13.47%), Vitamin B2: 0.23mg (13.34%), Vitamin B1: 0.19mg (12.84%), Zinc: 1.71mg (11.41%), Vitamin B5: 1.13mg (11.33%), Iron: 1.82mg (10.12%), Folate: 31.92µg (7.98%), Vitamin E: 0.89mg (5.95%), Vitamin K: 5.7µg (5.43%), Vitamin A: 163.12IU (3.26%), Calcium: 30.87mg (3.09%)