



Smoked Salmon Vermicelli

READY IN



20 min.

SERVINGS



6

CALORIES



496 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 tsp pepper black freshly ground
- 0.5 cup flat-leaf parsley finely chopped
- 1 juice of lemon
- 0.5 tsp kosher salt
- 1 small onion cut into half-moons
- 1 pound vermicelli
- 8 ounces cold-smoked salmon cut into pieces
- 2 tablespoons butter unsalted
- 1 cup whipping cream

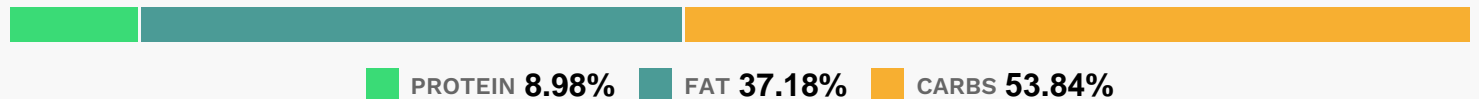
Equipment

- frying pan
- pot

Directions

- Bring a large pot of salted water to a boil. Meanwhile, in a large, high-sided frying pan over medium heat, melt butter.
- Add onion and cook, stirring, until onion is soft but not browned, about 3 minutes. Stir in cream, lemon zest and juice, 1/2 tsp. salt, and 1/2 tsp. pepper. Reduce heat to medium-low and cook until mixture has thickened slightly, 4 to 5 minutes.
- Add pasta to water and cook according to package instructions.
- Drain, reserving 1 cup cooking water.
- Add salmon to cream mixture and stir to combine.
- Pour pasta into frying pan with salmon-cream mixture and toss to coat, adding some of the cooking water as needed to moisten pasta.
- Add parsley and toss to combine. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:24.83, Glycemic Load:36.11, Inflammation Score:-7, Nutrition Score:15.284782699917%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 495.72kcal (24.79%), Fat: 20.23g (31.12%), Saturated Fat: 12g (75.02%), Carbohydrates: 65.92g (21.97%), Net Carbohydrates: 64.29g (23.38%), Sugar: 1.83g (2.03%), Cholesterol: 63.55mg (21.18%), Sodium: 642.3mg (27.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.99g (21.98%), Vitamin K: 83.95µg (79.96%), Vitamin D: 7.17µg (47.79%), Selenium: 24.98µg (35.68%), Vitamin A: 1155.25IU (23.11%), Vitamin B12: 1.3µg (21.73%), Manganese: 0.43mg (21.44%), Phosphorus: 208.73mg (20.87%), Vitamin C: 9.69mg (11.74%), Vitamin B3: 2.06mg (10.32%), Copper: 0.17mg (8.31%), Vitamin B2: 0.14mg (8.02%), Vitamin B6: 0.15mg (7.59%), Iron: 1.25mg (6.93%), Vitamin E: 1.03mg (6.88%), Fiber: 1.63g (6.52%), Magnesium: 23mg (5.75%), Zinc: 0.85mg (5.7%), Calcium: 55.81mg (5.58%), Vitamin B5: 0.52mg (5.17%), Potassium: 179.77mg (5.14%), Folate: 15.6µg (3.9%), Vitamin B1: 0.05mg (3.42%)