



WHATSheATE



HEALTH SCORE

86%

Smoked trout & pea pasta



Very Healthy

READY IN



20 min.

SERVINGS



2

CALORIES



474 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



175 g rotini pasta



100 g peas frozen



125 g trout smoked



3 tbsp greek yogurt 0%



2 tsp horseradish

Equipment

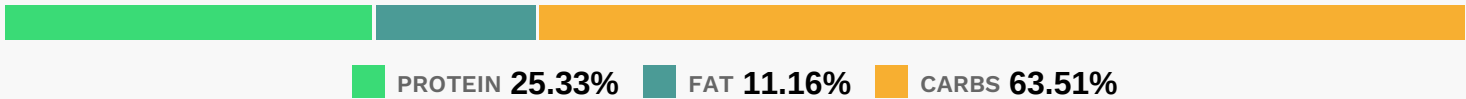


frying pan

Directions

- ☐ Cook the pasta in a large pan of boiling water according to pack instructions, adding the peas for the last 3 mins. Meanwhile, flake the trout and set aside, then mix the yogurt with the horseradish, salt and pepper.
- ☐ Drain the pasta, then return to the pan and stir in the trout and yogurt, letting the heat of the pasta warm the sauce. Tastes great with a crisp green salad.

Nutrition Facts



Properties

Glycemic Index:60.67, Glycemic Load:28.33, Inflammation Score:-6, Nutrition Score:26.703912677972%

Nutrients (% of daily need)

Calories: 473.75kcal (23.69%), Fat: 5.77g (8.88%), Saturated Fat: 1.02g (6.41%), Carbohydrates: 73.92g (24.64%), Net Carbohydrates: 68.11g (24.77%), Sugar: 6.31g (7.01%), Cholesterol: 37.38mg (12.46%), Sodium: 69.35mg (3.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.48g (58.96%), Selenium: 66.44µg (94.92%), Vitamin B12: 5.03µg (83.77%), Manganese: 1.55mg (77.38%), Phosphorus: 404.65mg (40.47%), Vitamin B1: 0.44mg (29.06%), Vitamin B3: 5.41mg (27.06%), Vitamin C: 21.56mg (26.13%), Copper: 0.47mg (23.26%), Fiber: 5.82g (23.26%), Vitamin B2: 0.39mg (22.89%), Magnesium: 80.45mg (20.11%), Vitamin B6: 0.35mg (17.59%), Vitamin B5: 1.72mg (17.21%), Potassium: 586.78mg (16.76%), Vitamin D: 2.44µg (16.25%), Zinc: 2.43mg (16.18%), Iron: 2.85mg (15.82%), Folate: 60.8µg (15.2%), Vitamin K: 12.61µg (12.01%), Calcium: 85.53mg (8.55%), Vitamin A: 419.13IU (8.38%), Vitamin E: 0.29mg (1.93%)