



HEALTH SCORE

74%

Summer Farfalle Salad with Smoked Salmon



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



182 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 ounce baby spinach
- ☐ 0.3 teaspoon pepper black
- ☐ 2 cups cherry tomatoes halved
- ☐ 3 cups farfalle pasta uncooked (bow tie pasta)
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 1.5 tablespoons olive oil extra-virgin

- ☐ 0.5 teaspoon salt
- ☐ 4 ounces salmon smoked cut into thin strips (8 slices)
- ☐ 2 tablespoons water cold

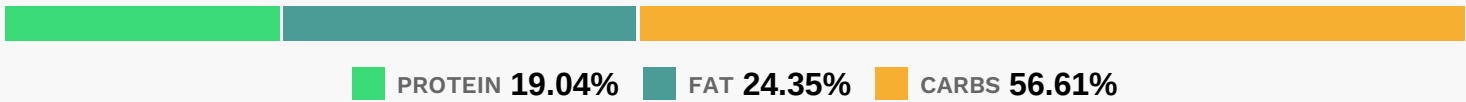
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain and rinse with cold water; drain.
- ☐ Combine pasta, tomatoes, dill, and spinach in a large bowl, tossing gently to combine.
- ☐ Combine lemon rind and next 5 ingredients (lemon rind through pepper) in a small bowl, stirring with a whisk.
- ☐ Drizzle over pasta mixture; toss gently to coat. Top with salmon.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:9.16, Inflammation Score:-9, Nutrition Score:18.511304264483%

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 Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 182.12kcal (9.11%), Fat: 4.97g (7.65%), Saturated Fat: 0.77g (4.82%), Carbohydrates: 26.01g (8.67%), Net Carbohydrates: 23.97g (8.72%), Sugar: 2.3g (2.55%), Cholesterol: 4.35mg (1.45%), Sodium: 373.22mg (16.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.75g (17.5%), Vitamin K: 140.61µg (133.92%), Vitamin A:

3069.71IU (61.39%), Selenium: 25.63µg (36.61%), Manganese: 0.62mg (31.06%), Vitamin C: 23.32mg (28.27%), Vitamin D: 3.23µg (21.55%), Folate: 71.23µg (17.81%), Magnesium: 47.79mg (11.95%), Phosphorus: 117.36mg (11.74%), Potassium: 387.76mg (11.08%), Vitamin E: 1.65mg (11.03%), Copper: 0.21mg (10.51%), Vitamin B12: 0.62µg (10.27%), Iron: 1.82mg (10.12%), Vitamin B6: 0.2mg (9.82%), Vitamin B3: 1.91mg (9.55%), Fiber: 2.04g (8.18%), Vitamin B2: 0.11mg (6.39%), Vitamin B1: 0.07mg (4.93%), Zinc: 0.72mg (4.83%), Calcium: 47.4mg (4.74%), Vitamin B5: 0.39mg (3.93%)