



Summer salmon pasta

 Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



534 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 350 g penne pasta
- ☐ 2 salmon steaks
- ☐ 1 tbsp olive oil
- ☐ 2 tbsp pinenuts
- ☐ 1 bell pepper red deseeded chopped
- ☐ 300 g mushrooms sliced
- ☐ 1 handful basil

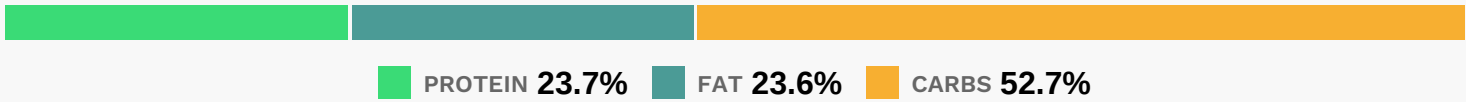
Equipment

☐ frying pan

Directions

- ☐ Cook the pasta according to pack instructions, adding the salmon to the water 6 mins before the end of the cooking time.
- ☐ Heat the oil in a pan, then cook the pine nuts until toasted.
- ☐ Add the pepper and fry until softened. Tip in the mushrooms and stir until they start to soften, then add a ladleful of the pasta water.
- ☐ When the pasta is cooked, remove the salmon to a plate, then drain the pasta. Fork the salmon into flakes and add to the vegetables along with the pasta and the basil leaves. Season with pepper and lightly toss together before serving

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:27.19, Inflammation Score:-8, Nutrition Score:30.637391131857%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 534.27kcal (26.71%), Fat: 13.98g (21.5%), Saturated Fat: 1.86g (11.62%), Carbohydrates: 70.24g (23.41%), Net Carbohydrates: 65.88g (23.95%), Sugar: 5.25g (5.84%), Cholesterol: 46.75mg (15.58%), Sodium: 47.78mg (2.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.59g (63.17%), Selenium: 93.37µg (133.38%), Manganese: 1.33mg (66.52%), Vitamin B3: 11.39mg (56.96%), Vitamin B6: 0.99mg (49.48%), Vitamin C: 39.78mg (48.22%), Vitamin B12: 2.73µg (45.55%), Phosphorus: 436.64mg (43.66%), Vitamin B2: 0.71mg (42%), Copper: 0.78mg (38.84%), Vitamin B5: 3.03mg (30.25%), Potassium: 944.26mg (26.98%), Vitamin B1: 0.37mg (24.4%), Magnesium: 94.21mg (23.55%), Vitamin A: 993.3IU (19.87%), Fiber: 4.37g (17.47%), Zinc: 2.57mg (17.12%), Folate: 65.47µg (16.37%), Iron: 2.63mg (14.62%), Vitamin E: 1.55mg (10.32%), Vitamin K: 8.42µg (8.02%), Calcium: 34.63mg (3.46%)