



WHATSheATE



Whole-Wheat Spaghetti with Lemon, Basil, and Salmon



Dairy Free



Very Healthy



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



462 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups baby spinach leaves fresh
- ☐ 0.5 teaspoon pepper black freshly ground plus more for seasoning
- ☐ 3 tablespoons capers
- ☐ 0.3 cup basil leaves fresh chopped
- ☐ 1 clove garlic minced
- ☐ 2 tablespoons juice of lemon
- ☐ 1 lemon zest

- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 16 ounce salmon
- ☐ 0.5 teaspoon salt plus more for seasoning
- ☐ 0.5 pound spaghetti pasta whole-wheat

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Bring a large pot of salted water to a boil over high heat.
- ☐ Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes.
- ☐ Drain pasta and transfer to a large bowl.
- ☐ Add the garlic, extra-virgin olive oil, salt, and pepper. Toss to combine.
- ☐ Meanwhile, warm the olive oil in a medium skillet over medium-high heat. Season the salmon with salt and pepper.
- ☐ Add the fish to the pan and cook until medium-rare, about 2 minutes per side, depending on the thickness of the fish.
- ☐ Remove the salmon from the pan.
- ☐ Add the basil, capers, lemon zest, and lemon juice to the spaghetti mixture and toss to combine. Set out 4 serving plates or shallow bowls.
- ☐ Place 1/2 cup spinach in each bowl. Top with 1/4 of the pasta. Top each mound of pasta with a piece of salmon.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:0.19, Inflammation Score:-9, Nutrition Score:35.113913038503%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 8.84mg, Kaempferol: 8.84mg, Kaempferol: 8.84mg, Kaempferol: 8.84mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 10.99mg, Quercetin: 10.99mg, Quercetin: 10.99mg, Quercetin: 10.99mg

Nutrients (% of daily need)

Calories: 462.07kcal (23.1%), Fat: 18.66g (28.71%), Saturated Fat: 2.75g (17.18%), Carbohydrates: 45.01g (15%), Net Carbohydrates: 43.94g (15.98%), Sugar: 0.38g (0.42%), Cholesterol: 62.37mg (20.79%), Sodium: 233.19mg (10.14%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 31.59g (63.18%), Selenium: 83.17µg (118.82%), Manganese: 1.98mg (99.14%), Vitamin K: 90.72µg (86.4%), Vitamin B3: 12.03mg (60.16%), Vitamin B12: 3.61µg (60.1%), Vitamin B6: 1.11mg (55.47%), Phosphorus: 385.1mg (38.51%), Vitamin B1: 0.55mg (36.79%), Magnesium: 131.71mg (32.93%), Vitamin B2: 0.56mg (32.75%), Vitamin A: 1552.43IU (31.05%), Copper: 0.6mg (30.03%), Vitamin B5: 2.49mg (24.88%), Folate: 95.39µg (23.85%), Potassium: 792.4mg (22.64%), Iron: 3.86mg (21.45%), Zinc: 2.22mg (14.77%), Vitamin E: 2.01mg (13.41%), Vitamin C: 9.83mg (11.91%), Calcium: 71.06mg (7.11%), Fiber: 1.07g (4.27%)