



## Arroz con Salmón (Creamy Salmon Rice)

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 cup heavy cream
- ☐ 4 servings lime to serve
- ☐ 1 cup rice long grain
- ☐ 0.5 cup mozzarella cheese

- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion finely chopped
- ☐ 1 pound salmon cut into small pieces
- ☐ 4 servings salt and pepper
- ☐ 2 cups vegetable stock

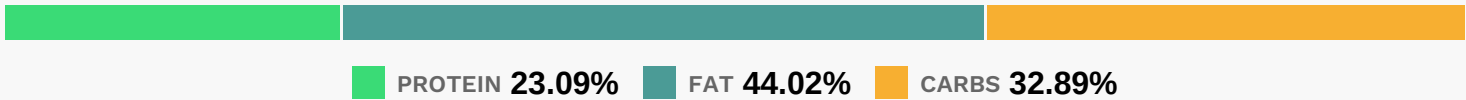
## Equipment

- ☐ frying pan

## Directions

- ☐ eat the butter and oil in a medium pan over medium heat.
- ☐ Add onion and cook, stirring, until translucent, about 5 minutes.
- ☐ Add garlic and cook for 1 minute more.
- ☐ Add rice, stir and cook for 3 minutes.
- ☐ Add the stock, salt and pepper, and bring to a boil.Reduce heat to simmer, cover and cook for 10 minutes.Season the salmon with salt, cumin and pepper.
- ☐ Add the salmon pieces in the partially cooked rice.over and cook until the salmon is opaque throughout, about 10 minutes more or until the liquid is absorbed and the rice is tender but firm.
- ☐ Add the heavy cream, cheese and fresh cilantro.
- ☐ Mix with a fork, cover and remove from heat.
- ☐ Let sit for 5 minutes and serve warm with lime wedges on the side.

## Nutrition Facts



## Properties

Glycemic Index:77.3, Glycemic Load:23.75, Inflammation Score:-7, Nutrition Score:22.935217214667%

## Flavonoids

Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg

Nutrients (% of daily need)

Calories: 523.15kcal (26.16%), Fat: 25.28g (38.89%), Saturated Fat: 10.55g (65.97%), Carbohydrates: 42.5g (14.17%), Net Carbohydrates: 41.25g (15%), Sugar: 2.64g (2.93%), Cholesterol: 105.29mg (35.1%), Sodium: 855.41mg (37.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.83g (59.67%), Selenium: 51.64µg (73.78%), Vitamin B12: 3.96µg (66.02%), Vitamin B6: 1.06mg (53.19%), Vitamin B3: 9.76mg (48.81%), Phosphorus: 351.41mg (35.14%), Vitamin B2: 0.54mg (31.53%), Manganese: 0.59mg (29.72%), Vitamin B5: 2.48mg (24.81%), Vitamin B1: 0.31mg (20.89%), Copper: 0.41mg (20.6%), Potassium: 692.61mg (19.79%), Vitamin A: 926.04IU (18.52%), Magnesium: 52.66mg (13.17%), Calcium: 122.2mg (12.22%), Zinc: 1.76mg (11.75%), Folate: 39.5µg (9.88%), Iron: 1.69mg (9.37%), Vitamin K: 9.8µg (9.34%), Vitamin E: 0.96mg (6.4%), Vitamin C: 4.63mg (5.62%), Fiber: 1.25g (5%), Vitamin D: 0.29µg (1.96%)