



 **68%**  
HEALTH SCORE

## Asian Salmon-and-Rice Soup

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**430 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups chicken broth low-sodium homemade canned
- 10 cilantro stems chopped for garnish
- 1.5 tablespoons ginger fresh minced
- 0.8 cup rice long-grain
- 1.5 pounds salmon fillet skinless cut into 8 pieces
- 1 teaspoon salt
- 3 scallions including tops green chopped
- 1 tablespoon asian sesame oil

- 2 tablespoons soya sauce
- 4 cups water

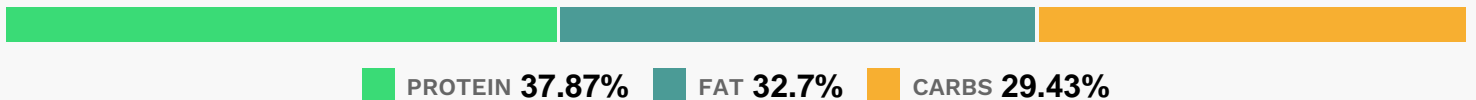
## Equipment

- pot

## Directions

- Bring a medium pot of salted water to a boil. Stir in the rice and boil until almost tender, about 10 minutes.
- Drain.
- Coat the salmon with the soy sauce and sesame oil.
- In a large pot, combine the cooked rice, the cilantro stems, the ginger, salt, broth, and water. Bring to a boil. Reduce the heat and simmer, covered, stirring occasionally, for 15 minutes.
- Add the salmon to the pot. Simmer, covered, until the salmon is just done, about 5 minutes.
- Remove the cilantro stems.
- Serve the soup garnished with the cilantro leaves and scallions.
- Wine Recommendation: Pairing this soup with wine may be a bit of a stretch. A lager beer is a much better choice. Best of all: small flasks of warm, tangy sake.
- Notes: We used long-grain rice for our soup. In China and Japan, it would be made with short-grain, which is starchier and dissolves into the soup more readily. If you want to go the short-grain route, arborio is readily available.

## Nutrition Facts



## Properties

Glycemic Index:38.8, Glycemic Load:16.97, Inflammation Score:-6, Nutrition Score:30.03000017871%

## Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg

## Nutrients (% of daily need)

Calories: 429.5kcal (21.47%), Fat: 15.29g (23.53%), Saturated Fat: 2.45g (15.31%), Carbohydrates: 30.96g (10.32%), Net Carbohydrates: 30.01g (10.91%), Sugar: 0.65g (0.72%), Cholesterol: 93.55mg (31.18%), Sodium: 1212mg (52.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.85g (79.69%), Selenium: 67.51µg (96.45%), Vitamin B12: 5.53µg (92.12%), Vitamin B3: 16.02mg (80.1%), Vitamin B6: 1.5mg (74.76%), Phosphorus: 433.81mg (43.38%), Vitamin B2: 0.73mg (42.86%), Vitamin K: 34.64µg (32.99%), Vitamin B5: 3.26mg (32.57%), Copper: 0.64mg (31.84%), Potassium: 1055.83mg (30.17%), Vitamin B1: 0.42mg (28.2%), Manganese: 0.49mg (24.64%), Magnesium: 69.39mg (17.35%), Folate: 56.07µg (14.02%), Iron: 2.34mg (13.01%), Zinc: 1.72mg (11.45%), Vitamin A: 495.17IU (9.9%), Calcium: 54.35mg (5.44%), Vitamin C: 3.17mg (3.85%), Fiber: 0.95g (3.8%), Vitamin E: 0.27mg (1.79%)