



Broiled Salmon With Orzo

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons salad dressing italian reduced-fat
- 4 ounces orzo pasta (rice-shaped uncooked)
- 1 cup peas green frozen
- 16 ounce salmon fillet skinless
- 0.3 cup spring onion divided thinly sliced

Equipment

- baking sheet
- sauce pan

aluminum foil

broiler

Directions

Preheat broiler.

Cook orzo in a medium saucepan according to package directions, omitting salt and stirring in peas after 7 minutes.

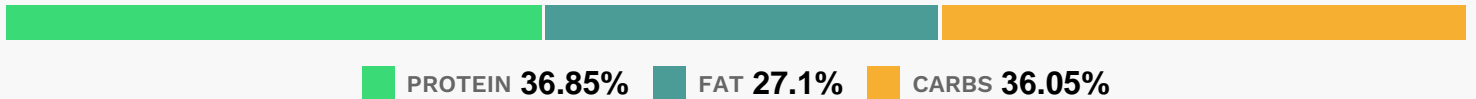
Meanwhile, place salmon on a foil-lined baking sheet and season with salt, to taste.

Spread the salad dressing evenly over the salmon. Broil 4 inches from heat source 68 minutes or until opaque in center.

Sprinkle half of the scallions over the salmon.

Drain orzo and peas; return to same saucepan. Stir in oil and remaining scallions, and season with salt and freshly ground black pepper, both to taste; serve with salmon.

Nutrition Facts



Properties

Glycemic Index:29.58, Glycemic Load:10, Inflammation Score:-6, Nutrition Score:23.581739384195%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 314.36kcal (15.72%), Fat: 9.25g (14.23%), Saturated Fat: 1.43g (8.91%), Carbohydrates: 27.69g (9.23%), Net Carbohydrates: 24.56g (8.93%), Sugar: 3.71g (4.13%), Cholesterol: 62.37mg (20.79%), Sodium: 123.92mg (5.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.3g (56.61%), Selenium: 60.14µg (85.91%), Vitamin B12: 3.61µg (60.1%), Vitamin B6: 1.04mg (51.87%), Vitamin B3: 10.19mg (50.97%), Phosphorus: 322.89mg (32.29%), Vitamin B2: 0.5mg (29.46%), Vitamin B1: 0.38mg (25.54%), Vitamin K: 25.88µg (24.64%), Manganese: 0.44mg (21.95%), Copper: 0.44mg (21.79%), Potassium: 730.45mg (20.87%), Vitamin B5: 2.05mg (20.52%), Vitamin C: 15.7mg (19.03%), Magnesium: 61.47mg (15.37%), Folate: 61.01µg (15.25%), Fiber: 3.14g (12.54%), Zinc: 1.6mg (10.7%), Iron: 1.92mg (10.66%), Vitamin A: 387.5IU (7.75%), Calcium: 34.03mg (3.4%), Vitamin E: 0.27mg (1.77%)