



Creamy Vegetable Rice with Teriyaki Salmon

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup carrots shredded
- 2 cups rice long-grain white hot cooked
- 10 oz philadelphia original cooking creme
- 1 clove garlic minced
- 2 green onions sliced
- 1 Tbsp oil
- 0.8 cup pea pods halved
- 1 lb salmon fillet

0.3 cup teriyaki sauce divided

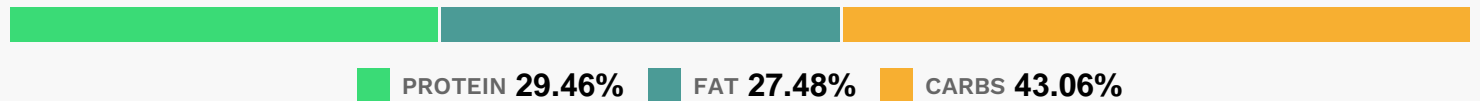
Equipment

frying pan

Directions

- Heat oil in large nonstick skillet on medium-high heat.
- Add 1 Tbsp. teriyaki sauce, garlic and fish; cook fish 2 to 3 min. on each side or until fish flakes easily with fork.
- Remove fish from skillet; cover to keep warm.
- Add pea pods and carrots to skillet; cook and stir 2 min. or until crisp-tender. Stir in cooking creme and remaining teriyaki sauce; cook and stir 2 min.
- Remove 1/4 cup sauce. Stir rice into remaining sauce in skillet.
- Spoon rice mixture onto platter; top with fish, remaining sauce and onions.

Nutrition Facts



Properties

Glycemic Index:54.46, Glycemic Load:24.84, Inflammation Score:-10, Nutrition Score:25.846956522568%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 367.43kcal (18.37%), Fat: 11.02g (16.96%), Saturated Fat: 1.45g (9.05%), Carbohydrates: 38.86g (12.95%), Net Carbohydrates: 37.21g (13.53%), Sugar: 14.02g (15.58%), Cholesterol: 62.37mg (20.79%), Sodium: 766.97mg (33.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.59g (53.17%), Vitamin A: 4314.42IU (86.29%), Selenium: 47.81µg (68.3%), Vitamin B12: 3.61µg (60.1%), Vitamin B6: 1.09mg (54.73%), Vitamin B3: 9.84mg (49.2%), Phosphorus: 309.99mg (31%), Vitamin B2: 0.49mg (28.71%), Manganese: 0.5mg (25.08%), Vitamin B5: 2.44mg (24.43%), Vitamin B1: 0.33mg (21.71%), Potassium: 757.63mg (21.65%), Vitamin K: 22.69µg (21.61%), Copper: 0.39mg (19.71%), Vitamin C: 13.8mg (16.73%), Magnesium: 62.73mg (15.68%), Folate: 48.3µg (12.07%), Iron: 1.96mg (10.9%), Zinc: 1.32mg (8.8%), Fiber: 1.66g (6.62%), Vitamin E: 0.91mg (6.05%), Calcium: 51.05mg (5.11%)