



## Creamy Vegetable Rice with Teriyaki Salmon

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



601 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 carrots shredded
- 2.7 cups rice long-grain white hot cooked
- 270 g philadelphia original cooking creme cream cheese product
- 1 clove garlic minced
- 1 green onion thinly sliced
- 0.3 cup 5%-less-sodium chicken broth
- 1 tablespoon oil
- 16 ounce salmon fillet skinless

- 1 cup snow peas halved
- 2 tablespoons teriyaki sauce divided

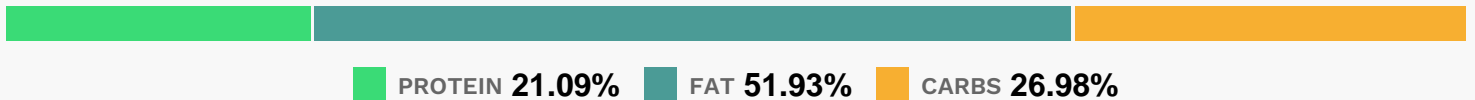
## Equipment

- frying pan

## Directions

- Heat oil in large nonstick skillet on medium-high heat.
- Add fish; cook 2 to 3 min. on each side or until fish flakes easily with fork.
- Remove from skillet; cover to keep warm.
- Add 1 Tbsp. teriyaki sauce and garlic to skillet; cook and stir 30 sec.
- Add snow peas and carrots; cook and stir 2 min. or until crisp-tender. Stir in Cooking Creme, broth and remaining teriyaki sauce; cook and stir 2 to 3 min. or until heated through. Reserve 1/4 cup sauce.
- Add rice to remaining sauce in skillet; mix well.
- Spoon rice mixture onto platter; top with fish, reserved sauce and onions.

## Nutrition Facts



## Properties

Glycemic Index:61.21, Glycemic Load:33.97, Inflammation Score:-10, Nutrition Score:29.809130336927%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

## Nutrients (% of daily need)

Calories: 601.18kcal (30.06%), Fat: 34.46g (53.01%), Saturated Fat: 15.14g (94.64%), Carbohydrates: 40.28g (13.43%), Net Carbohydrates: 38.26g (13.91%), Sugar: 6.39g (7.1%), Cholesterol: 130.54mg (43.51%), Sodium: 636.13mg (27.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.48g (62.96%), Vitamin A: 6343.51IU (126.87%), Selenium: 55.52µg (79.32%), Vitamin B12: 3.77µg (62.9%), Vitamin B6: 1.17mg (58.34%), Vitamin B3: 10.25mg (51.24%), Phosphorus: 389.99mg (39%), Vitamin B2: 0.65mg (38.39%), Manganese: 0.64mg (32.17%),

Vitamin B5: 2.97mg (29.74%), Potassium: 876.67mg (25.05%), Vitamin B1: 0.36mg (23.71%), Copper: 0.43mg (21.26%), Vitamin C: 17.3mg (20.97%), Vitamin K: 20.29µg (19.32%), Magnesium: 67.61mg (16.9%), Folate: 56.33µg (14.08%), Zinc: 1.77mg (11.79%), Calcium: 116.77mg (11.68%), Iron: 2.04mg (11.36%), Vitamin E: 1.55mg (10.33%), Fiber: 2.02g (8.06%)