



Crispy Salmon with Mushroom Orzo and Red Wine Sauce

READY IN



140 min.

SERVINGS



6

CALORIES



918 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 2 cups beef broth canned
- 5 cups chicken broth low-sodium canned
- 2 cups cooking wine dry red
- 2 tablespoons tarragon leaves fresh chopped
- 1 pound mushrooms sliced
- 7 tablespoons olive oil divided
- 1 large onion sliced

- 1 pound orzo pasta
- 30 ounce salmon fillet boneless skinless
- 6 servings salt and pepper black freshly ground
- 6 shallots minced
- 8 thyme sprigs fresh
- 0.3 cup butter unsalted cut into pieces
- 0.5 cup whipping cream

Equipment

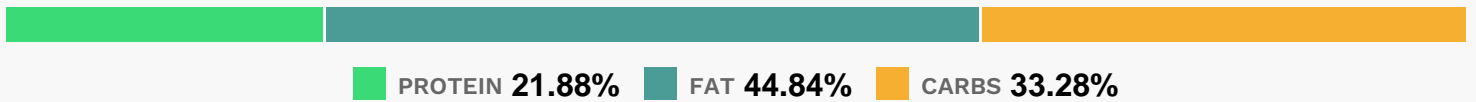
- frying pan
- baking sheet
- sauce pan
- oven
- whisk

Directions

- In a large saucepan, heat 2 tablespoons of olive oil over medium heat.
- Add onions and saute for 5 minutes.
- Add wine, beef broth, thyme and 1 bay leaf. Boil until liquid is reduced by 1 cup, about 35 minutes. Strain sauce into a small saucepan.
- Preheat oven to 350 degrees F.
- Place orzo on a rimmed baking sheet.
- Bake until golden brown, for about 20 minutes.
- Heat 2 tablespoons of oil in another heavy large saucepan over medium-high heat.
- Add shallots.
- Saute for 4 minutes.
- Add mushrooms.
- Saute until golden, about 10 minutes.

- Add orzo, chicken broth, and 1 bay leaf. Bring to a boil. Reduce heat to medium-low. Cook uncovered until orzo is tender and broth is absorbed, while stirring often, about 20 minutes.
- Add cream and tarragon. Simmer for 5 minutes, stirring occasionally. Season with salt and pepper.
- Heat 3 tablespoons oil in a heavy large nonstick skillet over medium-high heat.
- Sprinkle salmon with salt and pepper.
- Add to skillet and saute just until cooked through, about 3 minutes per side.
- Bring sauce to simmer.
- Add butter, whisk just until melted. Season with pepper. Spoon orzo onto 6 plates.
- Place salmon fillets on top of orzo.
- Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:46.33, Glycemic Load:25.55, Inflammation Score:-9, Nutrition Score:38.193912817084%

Flavonoids

Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg Peonidin: 1.48mg, Peonidin: 1.48mg, Peonidin: 1.48mg, Peonidin: 1.48mg Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 1.27mg, Isorhamnetin: 1.27mg, Isorhamnetin: 1.27mg, Isorhamnetin: 1.27mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg

Nutrients (% of daily need)

Calories: 918.07kcal (45.9%), Fat: 43.15g (66.39%), Saturated Fat: 13.82g (86.37%), Carbohydrates: 72.08g (24.03%), Net Carbohydrates: 67.28g (24.47%), Sugar: 7.38g (8.2%), Cholesterol: 120.71mg (40.24%), Sodium: 439.6mg (19.11%), Alcohol: 8.4g (100%), Alcohol %: 1.42% (100%), Protein: 47.38g (94.76%), Selenium: 108.33µg (154.76%), Vitamin B3: 18.8mg (94.02%), Vitamin B12: 4.84µg (80.64%), Vitamin B6: 1.56mg (77.92%), Vitamin B2: 1.05mg (61.99%), Phosphorus: 605.73mg (60.57%), Manganese: 1.09mg (54.48%), Copper: 0.97mg (48.68%),

Potassium: 1537.25mg (43.92%), Vitamin B5: 4mg (40.03%), Vitamin B1: 0.49mg (32.58%), Magnesium: 111.31mg (27.83%), Iron: 4.52mg (25.11%), Folate: 84.89µg (21.22%), Zinc: 2.88mg (19.19%), Fiber: 4.79g (19.17%), Vitamin E: 2.86mg (19.07%), Vitamin A: 750.07IU (15%), Vitamin K: 11.67µg (11.11%), Calcium: 111.04mg (11.1%), Vitamin C: 8.87mg (10.76%), Vitamin D: 0.61µg (4.07%)