



HEALTH SCORE

100%

## Crispy Salmon with Risotto and Slow-Roasted Tomatoes



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 cups arborio rice uncooked
- 6 cups torn arugula
- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon pepper black freshly ground
- 0.3 cup cooking wine dry white
- 0.5 teaspoon thyme leaves fresh chopped
- 4 garlic cloves minced

- 0.5 cup half-and-half
- 2.3 cups leek sliced ()
- 4.5 cups less-sodium chicken broth fat free
- 1 tablespoon olive oil
- 2 teaspoons olive oil
- 1 ounce parmesan cheese fresh grated
- 9 plum tomatoes halved
- 30 ounce salmon fillet
- 0.3 teaspoon sea salt
- 0.5 teaspoon sea salt

## Equipment

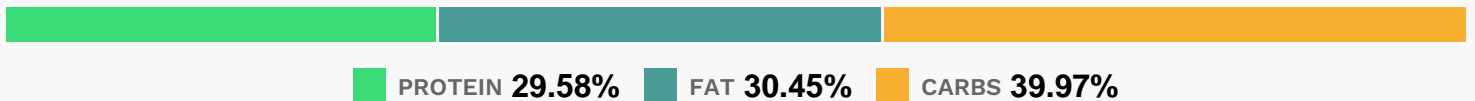
- frying pan
- baking sheet
- sauce pan
- oven
- aluminum foil

## Directions

- Preheat oven to 35
- To prepare tomatoes, coat a foil-lined baking sheet with cooking spray.
- Place tomatoes, cut sides up, on baking sheet.
- Drizzle with 1 tablespoon oil; sprinkle with 1/2 teaspoon salt, 1/2 teaspoon thyme, 1/2 teaspoon pepper, and garlic.
- Bake at 350 for 1 1/2 hours or until very soft and slightly shriveled, turning occasionally.
- To prepare risotto, bring broth to a simmer in a medium saucepan (do not boil). Keep warm over low heat.
- Heat 1 tablespoon oil in a large saucepan over medium-high heat.
- Add leek; saut 3 minutes or until tender.

- Add rice; cook 1 1/2 minutes, stirring constantly. Stir in wine; cook 30 seconds or until liquid is nearly absorbed. Stir in 1 cup broth; cook 3 minutes or until liquid is nearly absorbed, stirring frequently.
- Add remaining broth, 1/2 cup at a time, stirring frequently until each portion of broth is absorbed before adding the next (about 25 minutes). Stir in arugula, half-and-half, cheese, 1/4 teaspoon salt, and 1/4 teaspoon pepper.
- To prepare salmon, heat 2 teaspoons oil in a large nonstick skillet over medium-high heat.
- Sprinkle salmon with 1/2 teaspoon salt, 1/2 teaspoon thyme, and 1/4 teaspoon pepper.
- Place fillets, skin sides up, in pan; cook 5 minutes. Turn fillets over, and cook an additional 2 minutes or until fish flakes easily when tested with a fork.
- Arrange 3 tomato halves, cut sides up, in a spoke-like pattern in center of each of 6 plates. Mound 2/3 cup risotto in center of each plate (leaving about a 1 1/2-inch edge of tomatoes uncovered). Arrange fillets on risotto.
- Garnish with thyme sprigs, if desired.

## Nutrition Facts



## Properties

Glycemic Index:60.83, Glycemic Load:34.03, Inflammation Score:-9, Nutrition Score:38.285652623228%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 7.96mg, Kaempferol: 7.96mg, Kaempferol: 7.96mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

## Nutrients (% of daily need)

Calories: 542.76kcal (27.14%), Fat: 17.95g (27.62%), Saturated Fat: 4.54g (28.37%), Carbohydrates: 53.01g (17.67%), Net Carbohydrates: 49.45g (17.98%), Sugar: 5.41g (6.01%), Cholesterol: 88.23mg (29.41%), Sodium: 512.52mg (22.28%), Alcohol: 1.37g (100%), Alcohol %: 0.31% (100%), Protein: 39.24g (78.48%), Selenium: 61.7µg (88.14%), Vitamin B3: 16.44mg (82.19%), Vitamin B12: 4.78µg (79.66%), Vitamin B6: 1.48mg (73.83%), Folate: 206.89µg

(51.72%), Phosphorus: 486.48mg (48.65%), Manganese: 0.96mg (47.88%), Vitamin K: 47.88µg (45.6%), Vitamin B1: 0.68mg (45.27%), Vitamin B2: 0.72mg (42.4%), Vitamin A: 1980.11IU (39.6%), Potassium: 1291.96mg (36.91%), Copper: 0.67mg (33.7%), Vitamin B5: 3.32mg (33.21%), Iron: 5.06mg (28.11%), Vitamin C: 20.82mg (25.23%), Magnesium: 89.98mg (22.5%), Calcium: 170.92mg (17.09%), Zinc: 2.18mg (14.54%), Fiber: 3.57g (14.26%), Vitamin E: 1.49mg (9.92%)