



 **62%**
HEALTH SCORE

Grilled Pesto Salmon—Orzo Salad

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



23 min.

SERVINGS



6

CALORIES



249 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 0.3 teaspoon pepper black freshly ground
- 1.5 cups grape tomatoes
- 0.3 teaspoon kosher salt
- 6 servings orzo pasta with arugula and white beans
- 0.3 cup commercial pesto divided
- 12 ounce salmon fillet skinless
- 2 slices onion sweet (1/2-inch-thick)

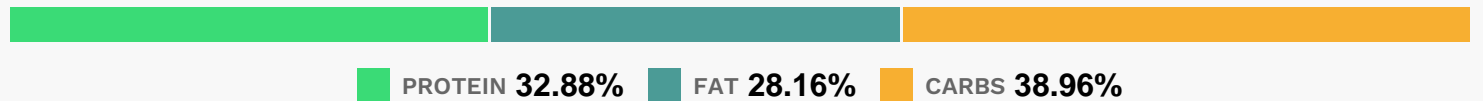
Equipment

- bowl
- grill
- aluminum foil

Directions

- Brush fish evenly with 2 tablespoons pesto; sprinkle with salt and pepper.
- Brush 1 tablespoon pesto over onion slices. Toss tomatoes with remaining 1 tablespoon pesto, and place on a 12-inch square of heavy-duty foil. Fold edges of foil up around tomatoes to form a bowl, keeping tomatoes in a single layer. (Do not completely enclose.)
- Place salmon, onion slices, and foil bowl with tomatoes on a grill rack coated with cooking spray. Grill 14 minutes or until salmon is desired degree of doneness, onion is tender, and tomatoes begin to burst, turning salmon and onion after 7 minutes.
- Using a fork, gently break salmon into large chunks, and chop onion slices.
- Combine Orzo Salad with Arugula and White Beans, salmon, onion, tomatoes, and accumulated tomato juice. Toss gently; sprinkle with pepper.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.4, Inflammation Score:-7, Nutrition Score:17.15652179718%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 248.55kcal (12.43%), Fat: 7.8g (12%), Saturated Fat: 1.31g (8.17%), Carbohydrates: 24.29g (8.1%), Net Carbohydrates: 18.18g (6.61%), Sugar: 1.84g (2.04%), Cholesterol: 32.01mg (10.67%), Sodium: 225.88mg (9.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.49g (40.98%), Selenium: 21.84µg (31.2%), Manganese: 0.62mg (30.91%), Vitamin B12: 1.8µg (30.05%), Vitamin B6: 0.58mg (29%), Potassium: 855.8mg (24.45%), Fiber:

6.1g (24.42%), Vitamin B3: 4.81mg (24.03%), Folate: 90.52µg (22.63%), Phosphorus: 220.98mg (22.1%), Iron: 3.82mg (21.23%), Copper: 0.41mg (20.74%), Magnesium: 75.36mg (18.84%), Vitamin B1: 0.25mg (16.36%), Vitamin B2: 0.26mg (15.49%), Vitamin B5: 1.18mg (11.8%), Vitamin A: 542.02IU (10.84%), Zinc: 1.62mg (10.81%), Calcium: 106.11mg (10.61%), Vitamin E: 1.01mg (6.75%), Vitamin C: 5.33mg (6.46%), Vitamin K: 6.17µg (5.88%)