



Grilled Salmon with Orzo Salad

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



564 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cucumber peeled halved seeded cut into 1/2-inch dice
- 0.3 cup optional: dill fresh chopped
- 4 servings fresh-ground pepper black
- 2 tablespoons juice of lemon
- 0.5 lemon zest grated
- 0.3 cup olive oil
- 1 cup orzo pasta
- 4 plum tomatoes cut into 1/2-inch dice

- 1.5 pounds salmon fillet cut into 4 pieces
- 1 teaspoon salt

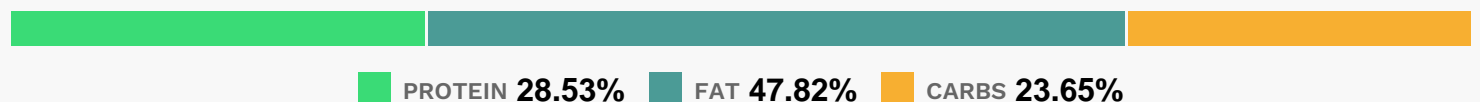
Equipment

- bowl
- pot
- sieve
- grill

Directions

- In a strainer set over a medium bowl, toss the cucumber, tomatoes, and 1/2 teaspoon of the salt and let drain for 15 minutes.
- Meanwhile, in a large pot of boiling, salted water, cook the orzo until just done, about 12 minutes.
- Drain. Rinse with cold water and drain thoroughly. Toss the orzo with the 1/3 cup oil, the lemon juice, the 1/3 cup dill, 1/4 teaspoon of the salt, and 1/8 teaspoon pepper.
- Light the grill. Coat the salmon with the 1 tablespoon oil, the remaining 1/4 teaspoon salt, and 1/4 teaspoon pepper. Grill the salmon, skin-side up, for 4 minutes. Turn and sprinkle with the 1 tablespoon dill and the lemon zest. Cook the fish until golden brown and just barely done (the fish should still be translucent in the center), about 3 minutes longer.
- Serve the fish on the salad.
- Wine Recommendation: A good Sancerre or Pouilly-Fum will make the fresh, bright flavors of this pasta salad sing.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:12.1, Inflammation Score:-8, Nutrition Score:32.590869260871%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 563.88kcal (28.19%), Fat: 29.66g (45.63%), Saturated Fat: 4.29g (26.82%), Carbohydrates: 33.01g (11%), Net Carbohydrates: 30.33g (11.03%), Sugar: 3.89g (4.32%), Cholesterol: 93.55mg (31.18%), Sodium: 665.95mg (28.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.81g (79.62%), Selenium: 85.88µg (122.69%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.54mg (77.24%), Vitamin B3: 14.48mg (72.38%), Phosphorus: 445.13mg (44.51%), Vitamin B2: 0.71mg (41.94%), Potassium: 1205.5mg (34.44%), Vitamin B5: 3.26mg (32.56%), Copper: 0.63mg (31.64%), Vitamin B1: 0.47mg (31.27%), Manganese: 0.56mg (28.06%), Magnesium: 87.93mg (21.98%), Vitamin C: 18.09mg (21.93%), Vitamin K: 21.34µg (20.32%), Vitamin E: 3mg (20.03%), Folate: 76.56µg (19.14%), Vitamin A: 942.16IU (18.84%), Iron: 2.57mg (14.26%), Zinc: 1.89mg (12.63%), Fiber: 2.68g (10.71%), Calcium: 55.57mg (5.56%)