






 **56%**  
HEALTH SCORE

# Parmesan-Herb Crusted Salmon with Citrus Orzo

READY IN  
  
**30 min.**

SERVINGS  
  
**6**

CALORIES  
  
**541 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 lb asparagus spears fresh cut into 1-inch lengths
- 14.5 oz chicken broth canned
- 1 Tbsp chives and parsley fresh chopped
- 2 Tbsp olive oil extra virgin
- 2 tsp lemon zest
- 1 cup orzo pasta uncooked
- 6 oz take parmesan recipe cheese breadcrumb mix fresh italian
- 1.5 lb salmon fillet skinless

0.3 cup water

## Equipment

sauce pan

oven

## Directions

Heat oven to 375F.

Coat fish with cheese mixture and bake as directed on package.

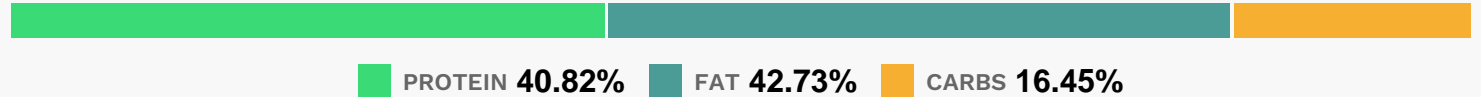
Meanwhile, bring broth and water to boil in large saucepan. Stir in orzo; cook 6 to 7 min. or until tender.

Add asparagus; cook 2 min. or until crisp-tender.

Add remaining ingredients; mix well.

Serve orzo mixture topped with fish.

## Nutrition Facts



## Properties

Glycemic Index:24.33, Glycemic Load:7.97, Inflammation Score:-7, Nutrition Score:29.081304358399%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.19mg, Isorhamnetin: 2.19mg, Isorhamnetin: 2.19mg, Isorhamnetin: 2.19mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg

## Nutrients (% of daily need)

Calories: 540.93kcal (27.05%), Fat: 25.16g (38.7%), Saturated Fat: 8.04g (50.22%), Carbohydrates: 21.79g (7.26%), Net Carbohydrates: 20.11g (7.31%), Sugar: 1.64g (1.82%), Cholesterol: 115.9mg (38.63%), Sodium: 837.34mg (36.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.08g (108.17%), Selenium: 77.05µg (110.08%), Vitamin B12: 4.63µg (77.19%), Phosphorus: 595.64mg (59.56%), Vitamin B6: 1.16mg (57.77%), Vitamin B3: 11.43mg (57.17%), Vitamin B2: 0.66mg (39%), Calcium: 374.97mg (37.5%), Zinc: 3.78mg (25.2%), Copper: 0.47mg (23.7%), Potassium: 821.25mg (23.46%), Vitamin B1: 0.34mg (22.98%), Vitamin B5: 2.23mg (22.3%), Vitamin K: 21.68µg (20.65%), Magnesium: 77.36mg (19.34%), Iron: 3.2mg (17.8%), Manganese: 0.31mg (15.73%), Folate: 56.47µg (14.12%), Vitamin

A: 695.9IU (13.92%), Vitamin E: 1.41mg (9.41%), Fiber: 1.68g (6.71%), Vitamin C: 3.27mg (3.96%), Vitamin D: 0.21µg (1.4%)