



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.

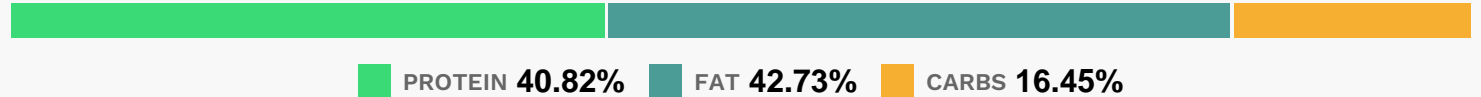
Meanwhile, bring broth and water to boil in large saucepan. Stir in orzo; cook 6 to 7 min. or until tender.

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%)