



Poached Salmon in Orzo Broth (Cooking for 2)

 Very Healthy

READY IN



60 min.

SERVINGS



2

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups chicken broth (from 32-ounce carton)
- 0.5 ounce shiitake mushrooms dried
- 3 tablespoons basil fresh thinly sliced
- 2 cloves garlic finely chopped
- 2 medium spring onion sliced
- 3 tablespoons orzo pasta uncooked (rosamarina)
- 2 servings parmesan shredded
- 0.3 cup roasted peppers red drained sliced

- 0.5 pound salmon fillet cut into 2 pieces
- 1 cup pkt spinach thinly sliced
- 1 cup water hot

Equipment

- bowl
- sieve
- spatula
- dutch oven

Directions

- In medium bowl, pour hot water over mushrooms.
- Let stand about 20 minutes or until soft.
- Drain mushrooms, reserving liquid. Rinse with warm water; drain. Squeeze excess moisture from mushrooms.
- Remove and discard stems; cut caps into 1/2-inch strips.
- Strain mushroom liquid through fine wire mesh sieve or coffee filter into 4-quart Dutch oven. Stir in broth and garlic.
- Heat to boiling over medium-high heat. Stir in orzo; reduce heat.
- Add salmon. Simmer uncovered about 10 minutes or until salmon flakes easily with fork. Carefully remove salmon with slotted spatula; keep warm.
- Stir mushrooms, bell peppers, spinach, basil and onions into broth mixture. Cook about 2 minutes or until spinach is wilted and orzo is tender.
- Place a piece of salmon in each individual bowl; spoon vegetable-orzo broth over top.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:116.5, Glycemic Load:7.52, Inflammation Score:-9, Nutrition Score:36.835652061131%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 412.55kcal (20.63%), Fat: 16.01g (24.63%), Saturated Fat: 6.17g (38.56%), Carbohydrates: 27.3g (9.1%), Net Carbohydrates: 24.74g (9%), Sugar: 2.45g (2.72%), Cholesterol: 87.47mg (29.16%), Sodium: 1664.97mg (72.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.43g (78.85%), Vitamin K: 116.53µg (110.98%), Selenium: 67.09µg (95.85%), Vitamin B12: 4.01µg (66.88%), Vitamin B6: 1.17mg (58.31%), Vitamin B3: 11.22mg (56.09%), Phosphorus: 529.82mg (52.98%), Vitamin B2: 0.82mg (48.45%), Calcium: 430.76mg (43.08%), Copper: 0.85mg (42.63%), Vitamin A: 2089.98IU (41.8%), Vitamin B5: 3.74mg (37.42%), Manganese: 0.69mg (34.51%), Potassium: 955.26mg (27.29%), Vitamin B1: 0.39mg (25.99%), Magnesium: 90.17mg (22.54%), Folate: 89.62µg (22.41%), Vitamin C: 16.9mg (20.48%), Zinc: 2.81mg (18.74%), Iron: 2.64mg (14.68%), Fiber: 2.57g (10.26%), Vitamin E: 0.6mg (3.99%), Vitamin D: 0.43µg (2.84%)