



 78%
HEALTH SCORE

Poached Salmon in Orzo Broth (Cooking for 2)

 Very Healthy

READY IN



60 min.

SERVINGS



2

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup water hot
- 0.5 ounce shiitake mushrooms dried
- 2 cups chicken broth (from 32-ounce carton)
- 2 cloves garlic finely chopped
- 3 tablespoons orzo pasta uncooked (rosamarina)
- 0.5 pound salmon fillet cut into 2 pieces
- 0.3 cup roasted peppers red drained sliced
- 1 cup pkt spinach thinly sliced

- 3 tablespoons basil fresh thinly sliced
- 2 medium spring onion sliced
- 1 serving parmesan shredded

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:7.39, Inflammation Score:-9, Nutrition Score:34.658695687418%

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: 353.75kcal (17.69%), Fat: 12.14g (18.67%), Saturated Fat: 3.71g (23.17%), Carbohydrates: 26.82g (8.94%), Net Carbohydrates: 24.26g (8.82%), Sugar: 2.33g (2.59%), Cholesterol: 77.27mg (25.76%), Sodium: 1424.67mg (61.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.06g (68.13%), Vitamin K: 116.28µg (110.74%), Selenium: 63.72µg (91.03%), Vitamin B12: 3.83µg (63.88%), Vitamin B6: 1.15mg (57.63%), Vitamin B3: 11.18mg (55.88%), Vitamin B2: 0.77mg (45.52%), Phosphorus: 425.72mg (42.57%), Copper: 0.85mg (42.39%), Vitamin A: 1972.83IU (39.46%), Vitamin B5: 3.67mg (36.74%), Manganese: 0.69mg (34.36%), Potassium: 941.46mg (26.9%), Vitamin B1: 0.38mg (25.6%), Calcium: 253.16mg (25.32%), Folate: 88.57µg (22.14%), Magnesium: 83.57mg (20.89%), Vitamin C: 16.9mg (20.48%), Zinc: 2.4mg (15.99%), Iron: 2.52mg (14%), Fiber: 2.57g (10.26%), Vitamin E: 0.56mg (3.77%), Vitamin D: 0.35µg (2.34%)