



Poached Salmon in Orzo Broth (Cooking for 2)

 Dairy Free  Very Healthy

READY IN



60 min.

SERVINGS



2

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups chicken broth progresso® (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)
- ☐ 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

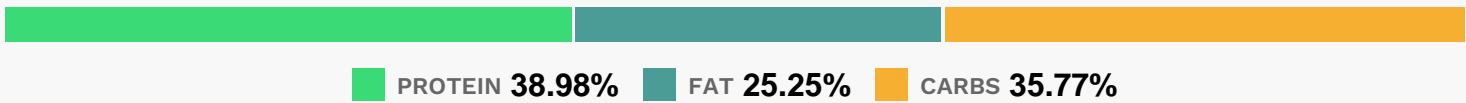
Equipment

- ☐ 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:103, Glycemic Load:7.26, Inflammation Score:-9, Nutrition Score:32.480434671692%

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: 294.95kcal (14.75%), Fat: 8.26g (12.71%), Saturated Fat: 1.25g (7.79%), Carbohydrates: 26.34g (8.78%), Net Carbohydrates: 23.77g (8.64%), Sugar: 2.21g (2.46%), Cholesterol: 67.07mg (22.36%), Sodium: 1184.37mg (51.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.7g (57.4%), Vitamin K: 116.02µg (110.5%), Selenium: 60.34µg (86.2%), Vitamin B12: 3.65µg (60.88%), Vitamin B6: 1.14mg (56.94%), Vitamin B3: 11.14mg (55.68%), Vitamin B2: 0.72mg (42.59%), Copper: 0.84mg (42.15%), Vitamin A: 1855.68IU (37.11%), Vitamin B5: 3.61mg (36.06%), Manganese: 0.68mg (34.21%), Phosphorus: 321.62mg (32.16%), Potassium: 927.66mg (26.5%), Vitamin B1: 0.38mg (25.21%), Folate: 87.52µg (21.88%), Vitamin C: 16.9mg (20.48%), Magnesium: 76.97mg (19.24%), Iron: 2.4mg (13.31%), Zinc: 1.99mg (13.24%), Fiber: 2.57g (10.26%), Calcium: 75.56mg (7.56%), Vitamin E: 0.53mg (3.55%), Vitamin D: 0.28µg (1.84%)