



 **100%**
HEALTH SCORE

Quinoa Pilaf with Salmon and Asparagus

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



30 min.

SERVINGS



4

CALORIES



424 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup quinoa uncooked
- 6 cups water
- 1 vegetable cube
- 1 lb salmon fillet
- 2 tablespoons butter
- 2 cups asparagus fresh
- 0.3 cup spring onion sliced
- 1 cup peas sweet frozen thawed (from 1-lb bag)

- 0.5 cup grape tomatoes halved
- 0.5 cup chicken broth
- 1 teaspoon lemon pepper
- 2 teaspoons dill dried fresh chopped

Equipment

- frying pan
- sauce pan
- sieve
- slotted spoon

Directions

- Rinse quinoa thoroughly by placing in a fine-mesh strainer and holding under cold running water until water runs clear; drain well.
- In 2-quart saucepan, heat 2 cups of the water to boiling over high heat.
- Add quinoa; reduce heat to low. Cover; simmer 10 to 12 minutes or until water is absorbed.
- Meanwhile, in 12-inch skillet, heat remaining 4 cups water and bouillon cube to boiling over high heat.
- Add salmon, skin side up; reduce heat to low. Cover; simmer 10 to 12 minutes or until fish flakes easily with fork.
- Remove with slotted spoon to plate; let cool. Discard water.
- Remove skin from salmon; break into large pieces.
- Meanwhile, rinse and dry skillet. Melt butter in skillet over medium heat.
- Add asparagus; cook 5 minutes, stirring frequently. Stir in onions; cook 1 minute, stirring frequently. Stir in peas, tomatoes and broth; cook 1 minute.
- Gently stir quinoa, salmon, lemon-pepper seasoning and dill weed into asparagus mixture. Cover; cook about 2 minutes or until thoroughly heated.

Nutrition Facts



■ PROTEIN 30.82% ■ FAT 34.02% ■ CARBS 35.16%

Properties

Glycemic Index:44.58, Glycemic Load:2.13, Inflammation Score:-9, Nutrition Score:36.03652149698%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.14mg, Quercetin: 10.14mg, Quercetin: 10.14mg, Quercetin: 10.14mg

Nutrients (% of daily need)

Calories: 423.55kcal (21.18%), Fat: 16.03g (24.66%), Saturated Fat: 2.65g (16.58%), Carbohydrates: 37.26g (12.42%), Net Carbohydrates: 30.21g (10.99%), Sugar: 4.15g (4.61%), Cholesterol: 62.96mg (20.99%), Sodium: 420.98mg (18.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.67g (65.34%), Selenium: 47.38µg (67.68%), Vitamin B6: 1.29mg (64.31%), Manganese: 1.26mg (63.25%), Vitamin B12: 3.62µg (60.32%), Vitamin B3: 11.2mg (56.01%), Phosphorus: 508.08mg (50.81%), Vitamin K: 52.09µg (49.61%), Vitamin B2: 0.74mg (43.48%), Folate: 171.9µg (42.98%), Vitamin B1: 0.62mg (41.42%), Copper: 0.81mg (40.56%), Magnesium: 148.41mg (37.1%), Potassium: 1111.52mg (31.76%), Iron: 5.27mg (29.29%), Fiber: 7.05g (28.19%), Vitamin C: 22.24mg (26.96%), Vitamin A: 1335.56IU (26.71%), Vitamin B5: 2.47mg (24.73%), Zinc: 2.99mg (19.93%), Vitamin E: 2.21mg (14.73%), Calcium: 90.14mg (9.01%)