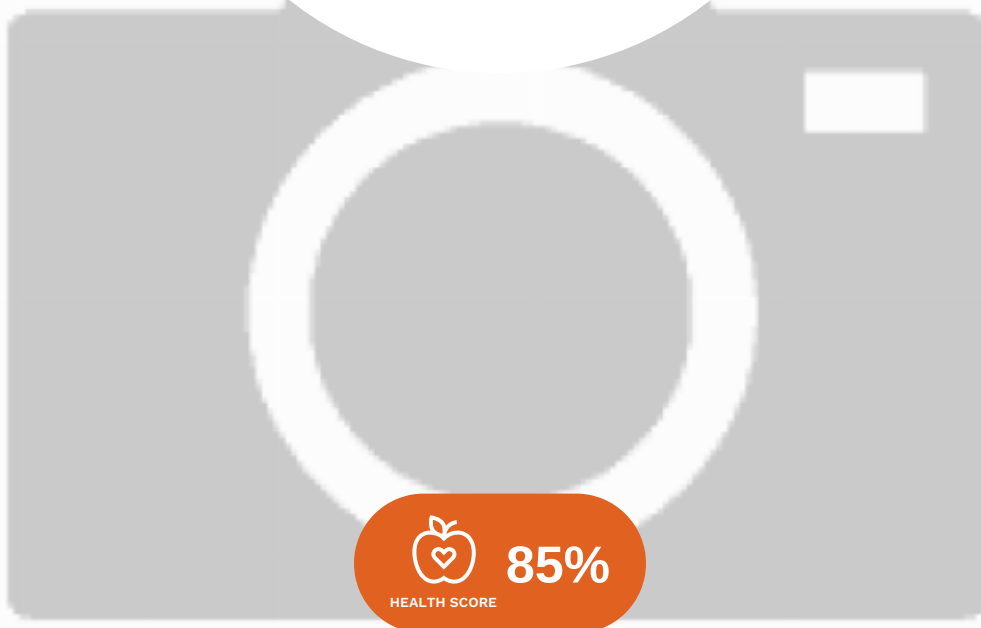




Quinoa with Salmon and Swiss Chard



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cloves garlic minced
- ☐ 1 pinch ground pepper black
- ☐ 2 tablespoons juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 1 onion diced
- ☐ 1 cup quinoa uncooked
- ☐ 0.8 pound salmon fillet
- ☐ 4 servings salt to taste

- ☐ 1 bunch swiss chard cut into 1/2-inch-wide ribbons
- ☐ 2 cups vegetable broth
- ☐ 0.5 cup water as needed to cover
- ☐ 1 cup white wine

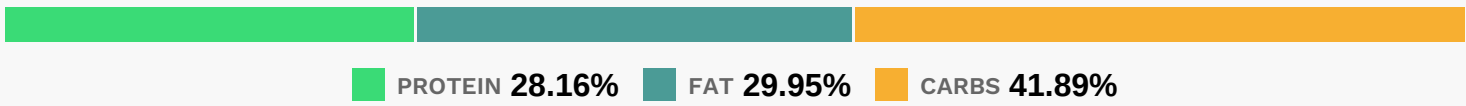
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat 2 tablespoons olive oil in a saucepan over medium heat. Cook and stir onion and 2 cloves garlic until fragrant, about 2 minutes.
- ☐ Stir quinoa into onion mixture until lightly toasted, about 5 minutes.
- ☐ Pour vegetable broth into quinoa mixture. Bring to a boil, then cover and reduce heat to low. Simmer until quinoa is tender, about 20 minutes.
- ☐ Meanwhile, heat salmon, white wine, and water in a saucepan over medium heat. Simmer until salmon is cooked through and easily flaked with a fork, 10 to 12 minutes; drain.
- ☐ Transfer salmon to a plate and flake fish meat; discard skin and set salmon aside.
- ☐ Heat 1 tablespoon olive oil in a skillet over medium heat. Cook and stir 2 cloves garlic until fragrant, about 1 minute.
- ☐ Stir Swiss chard and lemon juice into garlic until Swiss chard begins to soften, about 2 minutes; remove from heat.
- ☐ Gently fold flaked salmon and chard into the cooked quinoa. Season with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:2.13, Inflammation Score:-10, Nutrition Score:35.84434778794%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 4.54mg, Kaempferol: 4.54mg, Kaempferol: 4.54mg, Kaempferol: 4.54mg Myricetin: 2.36mg, Myricetin: 2.36mg, Myricetin: 2.36mg, Myricetin: 2.36mg Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg

Nutrients (% of daily need)

Calories: 392.38kcal (19.62%), Fat: 11.68g (17.96%), Saturated Fat: 1.66g (10.35%), Carbohydrates: 36.74g (12.25%), Net Carbohydrates: 32.03g (11.65%), Sugar: 3.77g (4.19%), Cholesterol: 46.78mg (15.59%), Sodium: 869.07mg (37.79%), Alcohol: 6.18g (100%), Alcohol %: 1.74% (100%), Protein: 24.69g (49.39%), Vitamin K: 625.02µg (595.26%), Vitamin A: 4878.52IU (97.57%), Manganese: 1.29mg (64.37%), Vitamin B6: 1.06mg (53.1%), Selenium: 35.75µg (51.07%), Vitamin B12: 2.7µg (45.08%), Magnesium: 179.06mg (44.76%), Phosphorus: 420.53mg (42.05%), Vitamin B3: 7.75mg (38.73%), Vitamin C: 27.91mg (33.82%), Vitamin B2: 0.55mg (32.06%), Copper: 0.62mg (31.08%), Potassium: 1037.16mg (29.63%), Folate: 117.34µg (29.33%), Vitamin B1: 0.4mg (26.38%), Iron: 4.25mg (23.6%), Vitamin E: 2.98mg (19.84%), Vitamin B5: 1.95mg (19.52%), Fiber: 4.7g (18.81%), Zinc: 2.28mg (15.17%), Calcium: 84.47mg (8.45%)