



Salmon Scallopini with Almond Orzo

READY IN



45 min.

SERVINGS



2

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings almonds sliced
- ☐ 2 servings butter
- ☐ 2 servings capers drained
- ☐ 2 servings juice of lemon
- ☐ 2 servings orzo pasta
- ☐ 7 ounce salmon fillet cut into 1/4-inch-wide slices

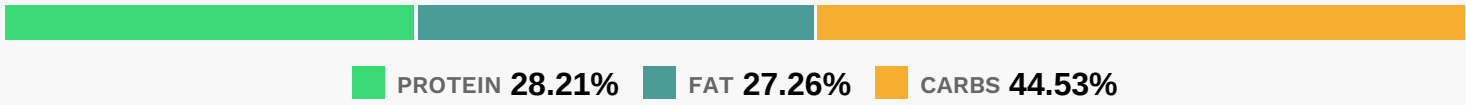
Equipment

- ☐ frying pan

Directions

- ☐
- Cook 1/2 cup orzo according to package directions; drain, reserving 1/2 cup liquid. Melt 1 teaspoon butter in a nonstick skillet over medium heat. Brown 2 tablespoons almonds; set aside. Season salmon with salt and pepper. Saut on both sides until done. Divide orzo and salmon between 2 plates.
- ☐
- Add reserved liquid to skillet with 2 tablespoons juice and 1 tablespoon capers. Bring to a boil. Stir in 3 teaspoons butter and almonds. Spoon over plates.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:16.82, Inflammation Score:-5, Nutrition Score:20.580434794011%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 394.06kcal (19.7%), Fat: 11.74g (18.07%), Saturated Fat: 3.75g (23.42%), Carbohydrates: 43.17g (14.39%), Net Carbohydrates: 41.14g (14.96%), Sugar: 1.93g (2.14%), Cholesterol: 65.32mg (21.77%), Sodium: 134.71mg (5.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.34g (54.69%), Selenium: 71.74µg (102.48%), Vitamin B12: 3.16µg (52.73%), Vitamin B6: 0.9mg (45%), Vitamin B3: 8.82mg (44.08%), Phosphorus: 311.7mg (31.17%), Manganese: 0.56mg (27.78%), Vitamin B2: 0.43mg (25.22%), Copper: 0.43mg (21.5%), Vitamin B5: 1.92mg (19.23%), Vitamin B1: 0.28mg (18.73%), Potassium: 635.85mg (18.17%), Magnesium: 62.81mg (15.7%), Zinc: 1.47mg (9.83%), Folate: 38.94µg (9.73%), Iron: 1.61mg (8.92%), Fiber: 2.03g (8.1%), Vitamin C: 5.89mg (7.14%), Vitamin A: 168.31IU (3.37%), Vitamin E: 0.47mg (3.16%), Calcium: 29.26mg (2.93%)