



Salmon Skewers with Lemon-Parsley Pesto

 Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup capers drained
- ☐ 4 cups orzo pasta hot cooked
- ☐ 2.5 tablespoons olive oil extravirgin divided
- ☐ 0.5 cup flat-leaf parsley leaves fresh
- ☐ 0.3 cup basil leaves fresh
- ☐ 1 garlic clove minced
- ☐ 2 teaspoons juice of lemon fresh

- ☐ 2 teaspoons lemon rind grated
- ☐ 2 ounces parmigiano-reggiano cheese freshly grated
- ☐ 2 pounds salmon fillet boneless skinless cut into 1-inch chunks
- ☐ 0.5 teaspoon salt divided

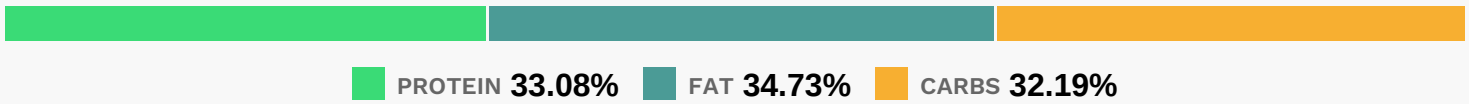
Equipment

- ☐ food processor
- ☐ grill
- ☐ skewers

Directions

- ☐ Prepare grill.
- ☐ Combine first 7 ingredients in a food processor.
- ☐ Add 1 1/2 tablespoons oil to herb mixture; process until smooth, scraping sides. Set aside.
- ☐ Thread fish evenly on each of 16 skewers.
- ☐ Brush fish with remaining 1 tablespoon oil; sprinkle evenly with 1/4 teaspoon salt and pepper. Arrange skewers on grill rack coated with cooking spray; grill 1 minute on each side or until desired degree of doneness.
- ☐ Remove from grill, and keep warm.
- ☐ Combine orzo and remaining 1/4 teaspoon salt; toss well.
- ☐ Place 1/2 cup orzo on each of 8 plates; arrange 2 skewers on each plate. Top each serving with about 1 tablespoon herb mixture.
- ☐ Garnish with parsley sprigs and lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:29.94, Glycemic Load:13.32, Inflammation Score:-6, Nutrition Score:24.779999908546%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 7.24mg, Kaempferol: 7.24mg, Kaempferol: 7.24mg, Kaempferol: 7.24mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 9.46mg, Quercetin: 9.46mg, Quercetin: 9.46mg, Quercetin: 9.46mg

Nutrients (% of daily need)

Calories: 379.22kcal (18.96%), Fat: 14.35g (22.08%), Saturated Fat: 3.06g (19.15%), Carbohydrates: 29.94g (9.98%), Net Carbohydrates: 27.86g (10.13%), Sugar: 0.69g (0.77%), Cholesterol: 67.19mg (22.4%), Sodium: 463.48mg (20.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.76g (61.52%), Selenium: 67.8µg (96.86%), Vitamin K: 68.82µg (65.54%), Vitamin B12: 3.69µg (61.52%), Vitamin B6: 0.99mg (49.6%), Vitamin B3: 9.4mg (47.02%), Phosphorus: 334.19mg (33.42%), Vitamin B2: 0.49mg (28.59%), Copper: 0.41mg (20.55%), Vitamin B5: 2.05mg (20.48%), Vitamin B1: 0.28mg (18.91%), Potassium: 632.98mg (18.09%), Manganese: 0.35mg (17.71%), Magnesium: 57.35mg (14.34%), Iron: 2.55mg (14.18%), Calcium: 114.59mg (11.46%), Folate: 43.2µg (10.8%), Zinc: 1.47mg (9.79%), Vitamin A: 464.42IU (9.29%), Fiber: 2.07g (8.3%), Vitamin C: 6.6mg (8%), Vitamin E: 0.79mg (5.25%)