



## Seared Salmon Fillets with Orzo Pilaf

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



437 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1.5 cups chicken stock see unsalted
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 1 ounce kalamata olives pitted chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 5 teaspoons olive oil divided
- ☐ 0.8 cup orzo pasta uncooked
- ☐ 0.3 cup bottled roasted bell peppers red thinly sliced

- ☐ 24 ounce salmon fillet
- ☐ 0.5 teaspoon salt divided

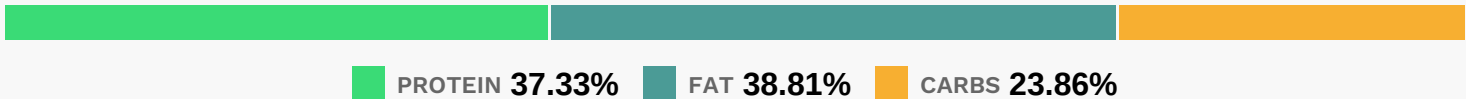
## Equipment

- ☐ frying pan
- ☐ sauce pan

## Directions

- ☐ Heat a medium saucepan over medium-high heat.
- ☐ Add 2 teaspoons oil; swirl.
- ☐ Add orzo; saut 2 minutes or until toasted.
- ☐ Add stock and 1/4 teaspoon salt; bring to a boil. Cover, reduce heat, and simmer 15 minutes. Stir in bell peppers, dill, juice, and olives; keep warm.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add remaining 1 tablespoon oil to pan; swirl.
- ☐ Sprinkle fish with remaining 1/4 teaspoon salt and black pepper. Cook 3 minutes on each side or until desired degree of doneness.
- ☐ Serve with orzo mixture.

## Nutrition Facts



## Properties

Glycemic Index:22.25, Glycemic Load:8.47, Inflammation Score:-5, Nutrition Score:28.200869695%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 436.7kcal (21.83%), Fat: 18.43g (28.35%), Saturated Fat: 2.88g (18%), Carbohydrates: 25.48g (8.49%), Net Carbohydrates: 24.15g (8.78%), Sugar: 2.4g (2.67%), Cholesterol: 96.25mg (32.08%), Sodium: 726.61mg (31.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.88g (79.77%), Selenium: 81.95µg (117.07%), Vitamin B12: 5.41µg (90.15%), Vitamin B3: 15.35mg (76.74%), Vitamin B6: 1.51mg (75.43%), Vitamin B2: 0.75mg (43.83%), Phosphorus: 420.81mg (42.08%), Vitamin B1: 0.45mg (29.81%), Vitamin B5: 2.97mg (29.71%), Potassium: 1019.08mg (29.12%), Copper: 0.58mg (29%), Magnesium: 70.57mg (17.64%), Manganese: 0.34mg (16.76%), Folate: 55.54µg (13.89%), Iron: 2.09mg (11.63%), Zinc: 1.64mg (10.93%), Vitamin C: 7.32mg (8.87%), Vitamin E: 1.06mg (7.08%), Fiber: 1.33g (5.32%), Calcium: 38.49mg (3.85%), Vitamin K: 3.73µg (3.55%), Vitamin A: 161.35IU (3.23%)