



Tuscan Salmon with Rosemary Orzo



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 2 cloves garlic chopped
- ☐ 1 pint grape tomatoes halved
- ☐ 0.3 cup kalamata olives pitted sliced
- ☐ 2 teaspoon olive oil

- ☐ 1.5 cups onion divided chopped
- ☐ 6 ounces orzo pasta
- ☐ 20 ounces salmon fillet , skin on
- ☐ 0.3 teaspoon salt

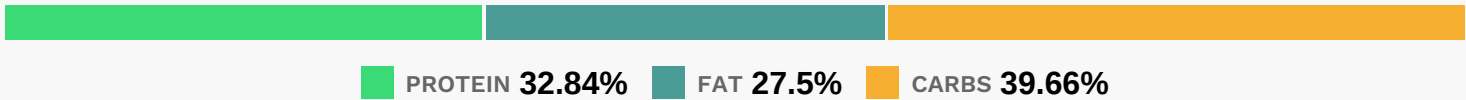
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook orzo as directed on package until al dente.
- ☐ Heat oil in a large nonstick skillet over medium heat. Cook 1/2 cup onion and rosemary until onion softens, 9 minutes.
- ☐ Combine with orzo in a bowl. Season salmon with 1 tablespoon basil, salt and pepper.
- ☐ Heat same skillet over medium-high heat. Cook salmon until golden, 5 minutes per side, flesh side down first; set aside. add garlic and remaining 1 cup onion to skillet; cook until soft, 2 minutes.
- ☐ Add tomatoes and olives; cook until tomatoes break up, 3 minutes.
- ☐ Remove skillet from heat; stir in parsley and remaining 1/4 cup basil. Season with salt and pepper.
- ☐ Serve fish over orzo; top with tomato mixture.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:67.75, Glycemic Load:15.39, Inflammation Score:-9, Nutrition Score:32.36913081874%

Flavonoids

Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 12.9mg, Quercetin: 12.9mg, Quercetin: 12.9mg, Quercetin: 12.9mg

Nutrients (% of daily need)

Calories: 438.37kcal (21.92%), Fat: 13.28g (20.43%), Saturated Fat: 2.03g (12.71%), Carbohydrates: 43.09g (14.36%), Net Carbohydrates: 38.8g (14.11%), Sugar: 6.87g (7.64%), Cholesterol: 77.96mg (25.99%), Sodium: 351.82mg (15.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.68g (71.36%), Selenium: 79.21µg (113.16%), Vitamin B12: 4.51µg (75.13%), Vitamin B6: 1.41mg (70.69%), Vitamin B3: 12.71mg (63.56%), Vitamin K: 50.1µg (47.72%), Phosphorus: 414.72mg (41.47%), Vitamin B2: 0.61mg (35.83%), Manganese: 0.68mg (34.18%), Potassium: 1186.63mg (33.9%), Copper: 0.6mg (29.81%), Vitamin C: 24.15mg (29.28%), Vitamin B1: 0.44mg (29.15%), Vitamin B5: 2.75mg (27.48%), Vitamin A: 1339.15IU (26.78%), Magnesium: 86.49mg (21.62%), Folate: 77.15µg (19.29%), Fiber: 4.29g (17.15%), Iron: 2.42mg (13.46%), Zinc: 1.87mg (12.47%), Vitamin E: 1.34mg (8.91%), Calcium: 66.06mg (6.61%)