



## Artichoke Orzo Pilaf

READY IN



30 min.

SERVINGS



6

CALORIES



170 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 14 ounces artichoke hearts rinsed drained chopped canned
- 2 teaspoons seasoning italian
- 1 medium leek white chopped ( serving only)
- 2 tablespoons olive oil
- 1 cup orzo pasta uncooked
- 2 tablespoons parmesan cheese grated
- 14 ounces vegetable stock reduced-sodium canned
- 1 cup water

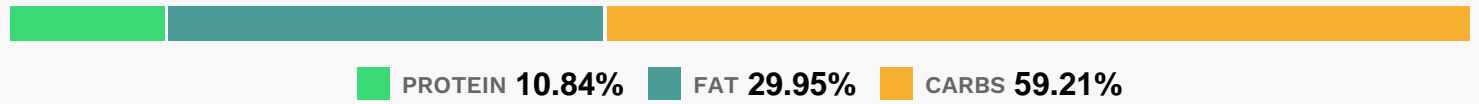
# Equipment

frying pan

# Directions

- In a large nonstick skillet, saute leek and orzo in oil for 3 minutes or until leek is tender.
- Add the broth, water and Italian seasoning; bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes or until liquid is absorbed. Stir in artichoke hearts and Parmesan cheese.
- Serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:20.67, Glycemic Load:8.48, Inflammation Score:-4, Nutrition Score:5.5521739279122%

# Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

# Nutrients (% of daily need)

Calories: 170.41kcal (8.52%), Fat: 5.58g (8.59%), Saturated Fat: 0.99g (6.17%), Carbohydrates: 24.83g (8.28%), Net Carbohydrates: 22.46g (8.17%), Sugar: 2.35g (2.61%), Cholesterol: 1.45mg (0.48%), Sodium: 544.7mg (23.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.09%), Selenium: 16.56µg (23.66%), Manganese: 0.34mg (16.76%), Vitamin K: 13.98µg (13.31%), Fiber: 2.37g (9.48%), Vitamin A: 413.93IU (8.28%), Vitamin E: 0.97mg (6.44%), Phosphorus: 63.99mg (6.4%), Iron: 0.92mg (5.09%), Copper: 0.1mg (5.06%), Magnesium: 20.18mg (5.05%), Calcium: 40.61mg (4.06%), Vitamin B6: 0.08mg (3.92%), Folate: 15.67µg (3.92%), Zinc: 0.46mg (3.1%), Potassium: 93.96mg (2.68%), Vitamin B3: 0.52mg (2.58%), Vitamin B1: 0.03mg (2.2%), Vitamin C: 1.8mg (2.18%), Vitamin B2: 0.03mg (1.69%), Vitamin B5: 0.14mg (1.4%)