



Baked Orzo with Fontina and Peas

READY IN

ready

55 min.

SERVINGS

servings

8

CALORIES

calories

526 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoons pepper black freshly ground
- ☐ 0.5 cup bread crumbs
- ☐ 3 tablespoons butter plus more to grease the baking dish
- ☐ 4 cups chicken broth
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 cup fontina shredded
- ☐ 0.5 cup heavy cream
- ☐ 1 cup marsala wine
- ☐ 1 cup mozzarella cheese fresh diced

- ☐ 8 ounces mushrooms sliced
- ☐ 1 onion chopped
- ☐ 1 pound orzo pasta
- ☐ 0.3 cup parmesan grated
- ☐ 1 cup peas frozen thawed
- ☐ 0.5 teaspoon salt

Equipment

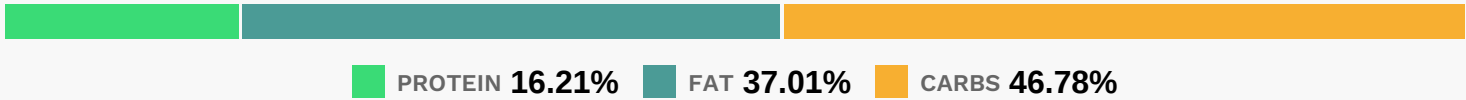
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F. Butter a 9 by 13-inch baking dish.
- ☐ Bring the chicken broth to a boil over medium-high heat in a medium saucepan.
- ☐ Add the orzo and cook until almost tender, about 7 minutes.
- ☐ Pour the orzo and the broth into a large bowl. Set aside.
- ☐ Meanwhile, melt the butter over medium heat in a medium skillet.
- ☐ Add the onions and saute until tender, about 3 minutes.
- ☐ Add the mushrooms and continue to saute until the mushrooms are beginning to turn golden around the edges, about 7 minutes.
- ☐ Add the Marsala. Scrape the brown bits off the bottom of the pan and cook until the Marsala has reduced by half, about 5 minutes.
- ☐ Add the mushroom mixture to the orzo in the large bowl.
- ☐ Add the cream, fontina, mozzarella, peas, salt, and pepper. Stir to combine.
- ☐ Pour the mixture into the prepared baking dish.

- ☐
- In a small bowl combine the bread crumbs, Parmesan, and dried thyme.
- ☐
- Sprinkle the bread crumb mixture on top of the pasta.
- ☐
- Bake until golden, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:38.54, Glycemic Load:18.4, Inflammation Score:-7, Nutrition Score:16.797826062078%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 525.8kcal (26.29%), Fat: 20.35g (31.31%), Saturated Fat: 11.93g (74.58%), Carbohydrates: 57.89g (19.3%), Net Carbohydrates: 54.14g (19.69%), Sugar: 7.81g (8.68%), Cholesterol: 62.77mg (20.92%), Sodium: 947.36mg (41.19%), Alcohol: 4.59g (100%), Alcohol %: 1.79% (100%), Protein: 20.05g (40.11%), Selenium: 47.17µg (67.39%), Manganese: 0.81mg (40.53%), Phosphorus: 312.32mg (31.23%), Calcium: 252.44mg (25.24%), Vitamin B2: 0.39mg (23.04%), Copper: 0.35mg (17.54%), Zinc: 2.52mg (16.79%), Vitamin B3: 3.22mg (16.09%), Vitamin B1: 0.24mg (15.78%), Vitamin A: 766.27IU (15.33%), Fiber: 3.75g (14.99%), Magnesium: 54.86mg (13.71%), Vitamin B12: 0.73µg (12.08%), Potassium: 385.05mg (11%), Vitamin C: 9.01mg (10.93%), Iron: 1.96mg (10.91%), Folate: 39.95µg (9.99%), Vitamin B6: 0.19mg (9.67%), Vitamin B5: 0.91mg (9.12%), Vitamin K: 9.05µg (8.62%), Vitamin E: 0.49mg (3.27%), Vitamin D: 0.47µg (3.1%)