



Carrot Orzo

READY IN



41 min.

SERVINGS



8

CALORIES



279 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons butter
- 8 servings garnish: carrot curls
- 8 ounces carrots cut into 1-inch pieces (2 cups)
- 2.5 cups chicken broth
- 3 tablespoons chives fresh chopped
- 1 teaspoon thyme leaves fresh chopped
- 2 garlic cloves minced
- 1 medium onion chopped
- 2 cups orzo pasta uncooked

- 1 cup parmesan cheese freshly grated
- 0.5 teaspoon pepper
- 1 teaspoon salt

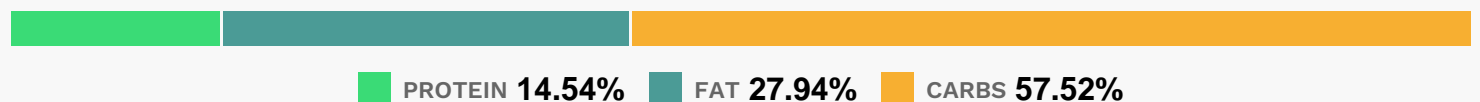
Equipment

- food processor
- sauce pan
- microwave
- measuring cup

Directions

- Process carrots in a food processor 15 seconds or until finely chopped.
- Combine 2 1/2 cups water and broth in a microwave-safe measuring cup. Microwave at HIGH 5 minutes or until very hot.
- Meanwhile, melt butter in a large saucepan over medium heat.
- Add carrots and onion, and cook, stirring occasionally, 5 minutes or until tender.
- Add orzo and garlic, and cook 1 minute.
- Slowly stir hot broth mixture, salt, and pepper into orzo mixture. Cook, stirring often, 15 to 18 minutes or until liquid is absorbed.
- Stir in Parmesan cheese, chives, and thyme until blended.
- Serve orzo immediately.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:45.58, Glycemic Load:14.58, Inflammation Score:-10, Nutrition Score:15.290000061626%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 279.18kcal (13.96%), Fat: 8.73g (13.44%), Saturated Fat: 4.79g (29.94%), Carbohydrates: 40.45g (13.48%), Net Carbohydrates: 36.32g (13.21%), Sugar: 6.32g (7.02%), Cholesterol: 23.63mg (7.88%), Sodium: 882.38mg (38.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.23g (20.45%), Vitamin A: 15730.58IU (314.61%), Selenium: 28.71µg (41.01%), Manganese: 0.58mg (28.79%), Phosphorus: 192.89mg (19.29%), Fiber: 4.13g (16.52%), Calcium: 160.35mg (16.03%), Vitamin K: 15.48µg (14.74%), Potassium: 446.28mg (12.75%), Vitamin B6: 0.22mg (10.98%), Vitamin B2: 0.17mg (10.09%), Magnesium: 38.83mg (9.71%), Vitamin C: 7.75mg (9.4%), Zinc: 1.39mg (9.29%), Copper: 0.18mg (8.93%), Vitamin B3: 1.75mg (8.76%), Vitamin B1: 0.12mg (8.18%), Folate: 29.15µg (7.29%), Vitamin E: 0.87mg (5.82%), Iron: 0.99mg (5.51%), Vitamin B5: 0.49mg (4.95%), Vitamin B12: 0.19µg (3.21%)