



Cheesy Orzo

READY IN



60 min.

SERVINGS



12

CALORIES



345 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup bread crumbs
- 3 tablespoons butter
- 4 cups chicken broth
- 1 teaspoon thyme leaves dried
- 4 ounces fontina shredded
- 0.5 teaspoon ground pepper black
- 0.5 cup heavy whipping cream
- 1 cup marsala wine
- 8 ounces mushrooms sliced

- 16 ounce orzo pasta
- 0.3 cup parmesan cheese grated
- 1 cup peas frozen
- 0.5 teaspoon salt
- 4 ounces mozzarella cheese shredded
- 1 onion white chopped

Equipment

- bowl
- frying pan
- oven
- pot
- baking pan

Directions

- Preheat oven to 400 degrees F (200 degrees C). Grease a 9x13-inch baking dish.
- Bring chicken broth to a boil in a pot; stir in orzo. Cook until almost tender, about 7 minutes.
- Pour orzo and broth into a bowl.
- Heat butter in a skillet over medium heat; cook and stir onion and mushrooms in the melted butter until softened, about 7 minutes.
- Pour in Marsala wine and simmer until liquid is reduced by half, 5 to 10 minutes. Stir mushroom mixture into orzo.
- Stir peas, cream, fontina cheese, mozzarella cheese, salt, and pepper into orzo-mushroom mixture.
- Transfer to the prepared baking dish.
- Mix bread crumbs, Parmesan cheese, and thyme together in a bowl; sprinkle over orzo-mushroom mixture.
- Bake in the preheated oven until cheese is melted and breadcrumbs are lightly browned, about 25 minutes.

Nutrition Facts

PROTEIN 15.84% FAT 36.44% CARBS 47.72%

Properties

Glycemic Index:23.44, Glycemic Load:12.24, Inflammation Score:-6, Nutrition Score:11.059130357659%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 345.45kcal (17.27%), Fat: 13.16g (20.24%), Saturated Fat: 7.65g (47.84%), Carbohydrates: 38.76g (12.92%), Net Carbohydrates: 36.27g (13.19%), Sugar: 5.17g (5.74%), Cholesterol: 40.54mg (13.51%), Sodium: 622.99mg (27.09%), Alcohol: 3.06g (100%), Alcohol %: 1.8% (100%), Protein: 12.87g (25.74%), Selenium: 31.5µg (45.01%), Manganese: 0.54mg (27.08%), Phosphorus: 202.01mg (20.2%), Calcium: 154.1mg (15.41%), Vitamin B2: 0.26mg (15.21%), Copper: 0.23mg (11.68%), Zinc: 1.66mg (11.07%), Vitamin B3: 2.14mg (10.7%), Vitamin B1: 0.16mg (10.49%), Fiber: 2.5g (9.99%), Vitamin A: 499.23IU (9.98%), Magnesium: 36.19mg (9.05%), Vitamin B12: 0.46µg (7.72%), Potassium: 257.71mg (7.36%), Vitamin C: 6.01mg (7.28%), Iron: 1.3mg (7.21%), Folate: 26.53µg (6.63%), Vitamin B6: 0.13mg (6.38%), Vitamin B5: 0.6mg (5.99%), Vitamin K: 5.99µg (5.71%), Vitamin E: 0.33mg (2.2%), Vitamin D: 0.3µg (2.01%)