



Cherry Tomato Orzo Salad

 Popular

READY IN



30 min.

SERVINGS



8

CALORIES



275 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounces orzo pasta
- ☐ 8 servings salt
- ☐ 1 pint cherry tomatoes red sliced in half
- ☐ 1 pint cherry tomatoes yellow sliced in half
- ☐ 0.3 cup olive oil extra virgin
- ☐ 8 ounces feta cheese crumbled
- ☐ 1 large cucumber peeled chopped
- ☐ 2 green onions thinly sliced

- ☐ 2 Tbsp oregano fresh minced
- ☐ 8 juice of lemon
- ☐ 8 servings bell pepper black to taste

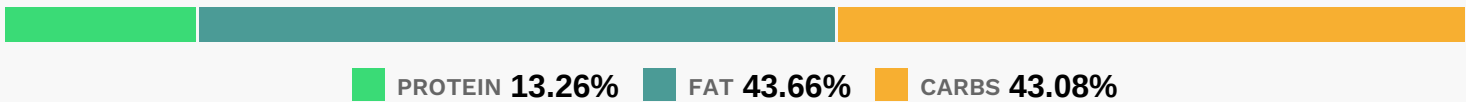
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ sieve
- ☐ colander

Directions

- ☐ Cook orzo pasta in salted water: Bring a large pot of well salted water to a rolling boil.
- ☐ Add the orzo, stirring it so that it doesn't stick to the bottom of the pan. Cook, uncovered, at a high boil until al dente, cooked through but still a bit firm.
- ☐ Drain the pasta (it helps to use a fine mesh sieve for this as the small orzo might pass through holes in a colander), and rinse with cold water to stop the pasta from cooking further.
- ☐ Toss pasta with olive oil, tomatoes, feta, cucumber, green onions, oregano, lemon juice, pepper: Toss the pasta with the olive oil in a large bowl. At this point you can make ahead and chill until you are ready to serve (or transport to a party).
- ☐ Toss with the rest of the ingredients, the tomatoes, feta cheese, cucumber, green onions, oregano, lemon juice, and black pepper. The feta is salty so you shouldn't need to add more salt.

Nutrition Facts



Properties

Glycemic Index:19.13, Glycemic Load:8.96, Inflammation Score:-9, Nutrition Score:14.246521649153%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 274.82kcal (13.74%), Fat: 13.68g (21.05%), Saturated Fat: 4.85g (30.31%), Carbohydrates: 30.37g (10.12%), Net Carbohydrates: 27.67g (10.06%), Sugar: 3.59g (3.99%), Cholesterol: 25.23mg (8.41%), Sodium: 540.73mg (23.51%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 9.35g (18.71%), Vitamin C: 32.13mg (38.95%), Selenium: 22.85µg (32.64%), Manganese: 0.51mg (25.53%), Vitamin K: 22.92µg (21.83%), Phosphorus: 199.84mg (19.98%), Calcium: 188.18mg (18.82%), Vitamin B2: 0.32mg (18.8%), Vitamin B6: 0.29mg (14.36%), Folate: 55.41µg (13.85%), Potassium: 466.3mg (13.32%), Copper: 0.24mg (11.83%), Vitamin E: 1.69mg (11.24%), Fiber: 2.7g (10.82%), Magnesium: 42.98mg (10.75%), Zinc: 1.59mg (10.57%), Iron: 1.9mg (10.55%), Vitamin A: 487.58IU (9.75%), Vitamin B3: 1.89mg (9.45%), Vitamin B1: 0.14mg (9.12%), Vitamin B12: 0.48µg (7.99%), Vitamin B5: 0.68mg (6.76%)