



Chicken-Orzo Salad with Goat Cheese

READY IN



45 min.

SERVINGS



6

CALORIES



284 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups arugula trimmed
- ☐ 0.1 teaspoon pepper black
- ☐ 3 cups chicken breast strips/pre-cooked/chopped chopped (such as Tyson)
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1.5 ounces goat cheese crumbled
- ☐ 1 cup grape tomatoes halved
- ☐ 0.3 cup onion red
- ☐ 1 teaspoon oregano fresh chopped

- ☐ 1.3 cups orzo pasta (rice-shaped uncooked
- ☐ 0.5 cup bell pepper red chopped
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.1 teaspoon salt

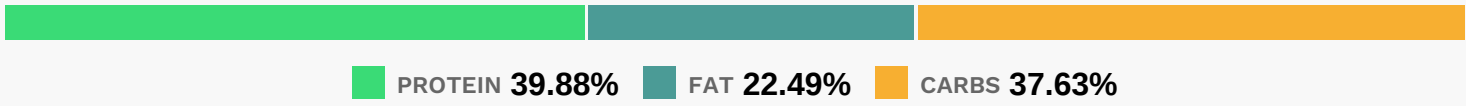
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat; drain well.
- ☐ Combine pasta, chicken, and the next 6 ingredients (through oregano) in a large bowl; toss well.
- ☐ Combine vinegar, oil, salt, and black pepper in a small bowl, stirring with a whisk.
- ☐ Drizzle vinegar mixture over pasta mixture; toss well to coat.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:46.33, Glycemic Load:9.98, Inflammation Score:-8, Nutrition Score:14.956956435805%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 284.48kcal (14.22%), Fat: 6.94g (10.68%), Saturated Fat: 2.18g (13.6%), Carbohydrates: 26.14g (8.71%), Net Carbohydrates: 24.23g (8.81%), Sugar: 2.47g (2.75%), Cholesterol: 62.76mg (20.92%), Sodium: 132.12mg (5.74%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.7g (55.41%), Selenium: 39.35µg (56.21%), Vitamin B3: 10.47mg (52.37%), Vitamin B6: 0.55mg (27.72%), Phosphorus: 251.86mg (25.19%), Vitamin C: 20.69mg (25.08%), Manganese: 0.4mg (20.22%), Vitamin A: 843.39IU (16.87%), Vitamin K: 14.73µg (14.03%), Magnesium: 46.83mg (11.71%), Potassium: 372.67mg (10.65%), Copper: 0.21mg (10.27%), Vitamin B5: 0.95mg (9.55%), Iron: 1.66mg (9.22%), Zinc: 1.33mg (8.87%), Vitamin B2: 0.15mg (8.78%), Fiber: 1.91g (7.66%), Vitamin B1: 0.1mg (6.94%), Vitamin E: 0.99mg (6.61%), Folate: 26.08µg (6.52%), Calcium: 46.91mg (4.69%), Vitamin B12: 0.25µg (4.19%)