



 **65%**
HEALTH SCORE

Colorful Garlic Orzo

 Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



6

CALORIES



384 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 cups broccoli florets frozen
- 0.7 cup carrots frozen
- 1 pint cherry tomatoes
- 4 cups chicken broth
- 4 cloves garlic minced to taste
- 6 servings salt and ground pepper black to taste
- 1.5 pounds pd of ground turkey lean
- 2 cups orzo pasta

- 0.7 cup peas frozen
- 0.5 teaspoon pepper flakes red to taste
- 4 cups spinach leaves fresh

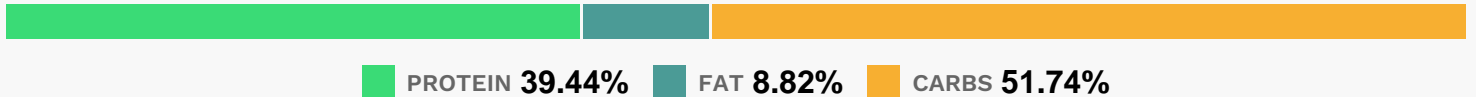
Equipment

- frying pan

Directions

- Bring chicken broth to a boil. Cook orzo in the boiling broth, stirring occasionally, until cooked through but firm to the bite, about 8 to 10 minutes.
- Remove from heat; do not drain.
- Heat a large skillet over medium-high heat; cook and stir turkey in the hot skillet until crumbly and evenly browned, about 10 minutes. Stir garlic and red pepper flakes into turkey; cook for 1 minute. Reduce heat to medium.
- Add spinach, broccoli, tomatoes, peas, carrots, orzo, and broth to the turkey mixture and cook, stirring often, until spinach is wilted and tomatoes begin to split, 5 to 10 minutes. Season with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:43.19, Glycemic Load:17.16, Inflammation Score:-10, Nutrition Score:38.442173854164%

Flavonoids

Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Kaempferol: 6.08mg, Kaempferol: 6.08mg, Kaempferol: 6.08mg, Kaempferol: 6.08mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg

Nutrients (% of daily need)

Calories: 383.91kcal (19.2%), Fat: 3.82g (5.88%), Saturated Fat: 0.83g (5.17%), Carbohydrates: 50.43g (16.81%), Net Carbohydrates: 44.82g (16.3%), Sugar: 6.71g (7.45%), Cholesterol: 65.5mg (21.83%), Sodium: 700.27mg (30.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.45g (76.9%), Vitamin K: 166.98µg (159.03%), Vitamin A: 5219.83IU (104.4%), Vitamin C: 85.62mg (103.79%), Selenium: 60.03µg (85.75%), Vitamin B3: 13.66mg (68.32%),

Vitamin B6: 1.33mg (66.29%), Manganese: 1.06mg (53.12%), Phosphorus: 456.2mg (45.62%), Potassium: 1046.87mg (29.91%), Folate: 118.64µg (29.66%), Magnesium: 104.53mg (26.13%), Zinc: 3.54mg (23.61%), Vitamin B2: 0.4mg (23.59%), Fiber: 5.61g (22.44%), Copper: 0.39mg (19.62%), Iron: 3.51mg (19.48%), Vitamin B1: 0.29mg (19.47%), Vitamin B5: 1.76mg (17.6%), Vitamin E: 1.7mg (11.33%), Vitamin B12: 0.61µg (10.16%), Calcium: 90.49mg (9.05%), Vitamin D: 0.45µg (3.02%)