



Confetti Orzo Salad

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



201 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 carrots chopped
- ☐ 0.5 cup cucumber peeled seeded chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup green onions thinly sliced
- ☐ 0.1 teaspoon coarsely ground pepper
- ☐ 3 tablespoons juice of lemon
- ☐ 0.5 teaspoon lemon rind grated

- ☐ 0.3 cup olive oil
- ☐ 1.5 cups orzo pasta uncooked
- ☐ 0.3 cup purple onion chopped
- ☐ 0.8 teaspoon salt
- ☐ 2 tablespoons citrus champagne vinegar
- ☐ 1.3 cups bell pepper green red yellow chopped

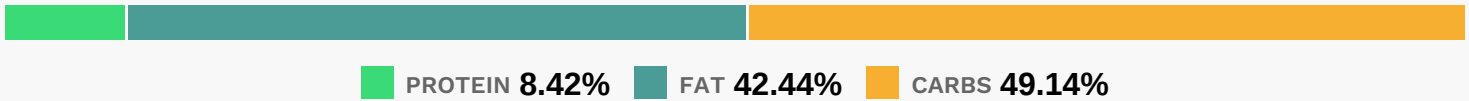
Equipment

- ☐ whisk

Directions

- ☐ Cook orzo according to package directions; drain. Rinse with cold water; drain.
- ☐ Combine orzo, carrot, and next 5 ingredients; set aside.
- ☐ Combine lemon rind, lemon juice, vinegar, salt, coarsely ground pepper, and minced garlic. Gradually whisk in oil.
- ☐ Pour over orzo mixture, tossing gently. Cover and keep chilled.

Nutrition Facts



Properties

Glycemic Index:32.1, Glycemic Load:8.94, Inflammation Score:-8, Nutrition Score:10.779130521028%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 201.19kcal (10.06%), Fat: 9.55g (14.69%), Saturated Fat: 1.34g (8.37%), Carbohydrates: 24.88g (8.29%),
Net Carbohydrates: 23.22g (8.44%), Sugar: 1.68g (1.87%), Cholesterol: 0mg (0%), Sodium: 228.02mg (9.91%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.52%), Vitamin C: 49.48mg (59.97%), Vitamin K:
44.35µg (42.24%), Vitamin A: 1516.22IU (30.32%), Selenium: 18.02µg (25.74%), Manganese: 0.34mg (16.8%), Vitamin
E: 1.42mg (9.48%), Phosphorus: 68.81mg (6.88%), Fiber: 1.66g (6.65%), Copper: 0.13mg (6.35%), Vitamin B6: 0.12mg
(5.78%), Magnesium: 22.43mg (5.61%), Potassium: 185.11mg (5.29%), Folate: 20.7µg (5.17%), Iron: 0.78mg (4.32%),
Vitamin B3: 0.82mg (4.11%), Zinc: 0.52mg (3.49%), Vitamin B1: 0.05mg (3.2%), Vitamin B5: 0.23mg (2.3%), Vitamin
B2: 0.04mg (2.16%), Calcium: 20.59mg (2.06%)