



## Creamy Leek and Corn Orzo

READY IN



60 min.

SERVINGS



6

CALORIES



184 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 4 ears corn for milk
- 2 tablespoons parsley leaves fresh chopped
- 6 servings kosher salt
- 4 tablespoons leek light white green washed finely sliced ( and part only)
- 1 cup orzo pasta
- 2 tablespoons butter unsalted

### Equipment

- bowl

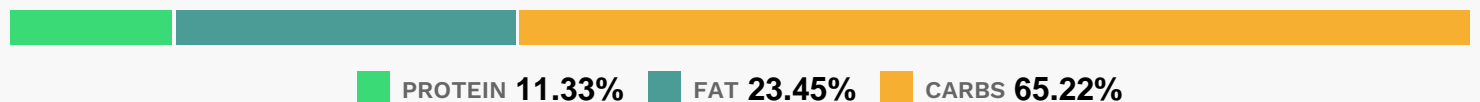
frying pan

pot

## Directions

- Bring a medium pot of boiling water to a boil over medium heat. Season the water with salt, then add the orzo and cook to al dente.
- Drain, reserving the cooking water.
- In another pot of boiling water, over medium heat, blanch the leeks for 1 or 2 minutes, then remove and shock in a bowl of ice water.
- Drain and set aside.
- In a skillet, over low heat, melt the butter and add the corn and scraped milk from all 4 cobs. Cook for 1 minute and add about 1 cup reserved pasta cooking water. Bring to a simmer and cook until thick and reduced, about 10 minutes, stirring occasionally.
- Add more pasta cooking water if gets too dry.
- Add the blanched leeks and heat through, about 1 minute.
- Add the orzo and toss to combine. Season with salt, to taste.
- Transfer the corn and orzo to a serving bowl, garnish with parsley and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:17.67, Glycemic Load:7.91, Inflammation Score:-5, Nutrition Score:7.9256521191286%

## Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 184.3kcal (9.22%), Fat: 5.01g (7.71%), Saturated Fat: 2.67g (16.67%), Carbohydrates: 31.37g (10.46%), Net Carbohydrates: 29.15g (10.6%), Sugar: 4.82g (5.36%), Cholesterol: 10.03mg (3.34%), Sodium: 207.52mg (9.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.45g (10.9%), Vitamin K: 27.03µg (25.74%), Selenium: 16.31µg

(23.3%), Manganese: 0.38mg (18.86%), Phosphorus: 105.99mg (10.6%), Vitamin A: 505.47IU (10.11%), Magnesium: 38.98mg (9.74%), Folate: 38.18µg (9.54%), Fiber: 2.22g (8.89%), Vitamin C: 7.04mg (8.53%), Vitamin B1: 0.12mg (8.19%), Vitamin B3: 1.55mg (7.73%), Potassium: 244.04mg (6.97%), Copper: 0.12mg (5.97%), Vitamin B6: 0.12mg (5.78%), Vitamin B5: 0.56mg (5.62%), Iron: 0.93mg (5.16%), Zinc: 0.66mg (4.4%), Vitamin B2: 0.05mg (3.17%), Vitamin E: 0.28mg (1.86%), Calcium: 15.35mg (1.53%)