



Creamy Orzo

READY IN



25 min.

SERVINGS



8

CALORIES



423 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 14.5 canned tomatoes diced drained canned
- 1 garlic clove minced
- 2 tablespoons olive oil
- 1 pound orzo pasta) (rice-shaped
- 0.8 cup parmesan freshly grated
- 1 cup peas frozen thawed
- 8 servings salt and pepper black freshly ground
- 1 large shallots finely chopped
- 1.3 cups whipping cream

Equipment

- frying pan
- sauce pan

Directions

- Watch how to make this recipe.
- Bring a heavy large saucepan of salted water to a boil over high heat.
- Add the orzo and cook until tender but still firm to the bite, stirring often, about 8 minutes.
- Drain, reserving 1 cup of the cooking liquid.
- Meanwhile, heat the oil in a heavy large frying pan over medium heat.
- Add the shallot and garlic, and saute until tender, about 2 minutes.
- Add the tomatoes and cook until they are tender, about 8 minutes. Stir in the cream and peas.
- Add the orzo and toss to coat.
- Remove the skillet from the heat.
- Add the Parmesan to the pasta mixture and toss to coat. Stir the pasta mixture until the sauce coats the pasta thickly, adding enough reserved cooking liquid to maintain a creamy consistency. Season the orzo with salt and pepper, and serve.

Nutrition Facts



PROTEIN 12.23% **FAT 43.18%** **CARBS 44.59%**

Properties

Glycemic Index:30.42, Glycemic Load:18.01, Inflammation Score:-6, Nutrition Score:11.746956410615%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 422.8kcal (21.14%), Fat: 20.29g (31.21%), Saturated Fat: 10.75g (67.17%), Carbohydrates: 47.15g (15.72%), Net Carbohydrates: 44.14g (16.05%), Sugar: 4.03g (4.48%), Cholesterol: 48.4mg (16.13%), Sodium: 167.46mg (7.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.93g (25.85%), Selenium: 39.49µg (56.42%), Manganese: 0.63mg (31.4%), Phosphorus: 216.55mg (21.66%), Calcium: 154.91mg (15.49%), Vitamin A: 763.13IU (15.26%), Fiber: 3.02g (12.06%), Magnesium: 44.04mg (11.01%), Copper: 0.21mg (10.57%), Vitamin C: 8.01mg (9.71%), Vitamin B2: 0.16mg (9.48%), Zinc: 1.39mg (9.29%), Vitamin K: 8.3µg (7.9%), Vitamin B1: 0.11mg (7.63%), Vitamin B6: 0.15mg (7.56%), Vitamin B3: 1.42mg (7.12%), Iron: 1.21mg (6.75%), Potassium: 233.23mg (6.66%), Vitamin E: 0.98mg (6.52%), Folate: 25.46µg (6.36%), Vitamin D: 0.64µg (4.28%), Vitamin B5: 0.42mg (4.18%), Vitamin B12: 0.17µg (2.87%)