



Creamy Orzo with Chicken

READY IN



30 min.

SERVINGS



4

CALORIES



482 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounces soup noodles uncooked (orzo)
- ☐ 2 tablespoons butter
- ☐ 0.8 pound chicken breast halves boneless skinless cut into 1-inch pieces
- ☐ 3 cups mushrooms sliced
- ☐ 0.3 cup spring onion sliced
- ☐ 2 cloves garlic finely chopped
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 teaspoons thyme leaves dried fresh chopped
- ☐ 0.1 teaspoon pepper

- ☐ 1 cup milk
- ☐ 0.5 cup parmesan cheese grated

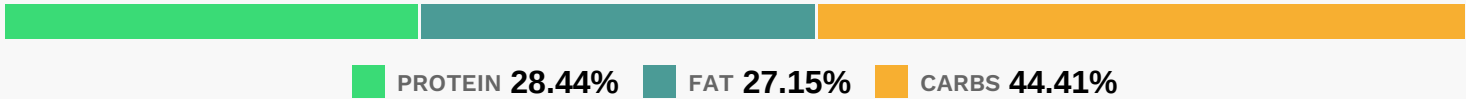
Equipment

- ☐ sauce pan

Directions

- ☐ Cook and drain pasta as directed on package.
- ☐ While pasta is cooking, melt margarine in 3-quart saucepan over medium heat. Cook chicken, mushrooms, onions and garlic in margarine about 5 minutes, stirring occasionally, until chicken is no longer pink in center.
- ☐ Stir in flour, thyme and pepper. Cook over medium heat, stirring constantly, until mixture is smooth and bubbly; remove from heat. Gradually stir in milk.
- ☐ Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in cheese until melted.
- ☐ Pour chicken mixture over pasta; toss if desired.

Nutrition Facts



Properties

Glycemic Index:81.5, Glycemic Load:20.98, Inflammation Score:-9, Nutrition Score:24.246086804763%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 481.76kcal (24.09%), Fat: 14.47g (22.25%), Saturated Fat: 4.93g (30.82%), Carbohydrates: 53.25g (17.75%), Net Carbohydrates: 50.26g (18.28%), Sugar: 6.05g (6.73%), Cholesterol: 72.63mg (24.21%), Sodium: 415.03mg (18.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.1g (68.19%), Selenium: 76.8µg (109.72%), Vitamin B3: 12.79mg (63.96%), Phosphorus: 499.97mg (50%), Vitamin B6: 0.87mg (43.4%), Vitamin B2: 0.57mg (33.44%), Manganese: 0.67mg (33.27%), Vitamin B5: 2.84mg (28.43%), Potassium: 821.72mg (23.48%), Copper:

0.44mg (22.14%), Calcium: 218.05mg (21.81%), Magnesium: 74.71mg (18.68%), Zinc: 2.55mg (16.97%), Vitamin B1: 0.24mg (15.9%), Vitamin K: 13.7µg (13.05%), Fiber: 2.99g (11.94%), Vitamin A: 593.15IU (11.86%), Vitamin B12: 0.7µg (11.73%), Iron: 1.94mg (10.78%), Folate: 38.04µg (9.51%), Vitamin C: 5.79mg (7.02%), Vitamin D: 0.96µg (6.42%), Vitamin E: 0.58mg (3.87%)