



Creamy Vegetable Orzo

READY IN



35 min.

SERVINGS



35

CALORIES



30 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup philadelphia chive & onion 1/3 less fat than cream cheese ()
- 14 oz chicken broth fat-free reduced-sodium canned
- 1 cup regular corn frozen
- 1 Tbsp oil
- 1 small onion chopped
- 0.8 cup orzo pasta uncooked
- 0.5 cup pasilla peppers green red chopped

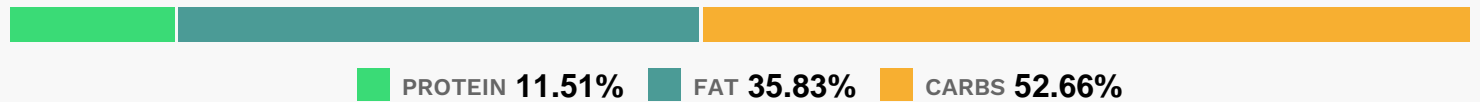
Equipment

frying pan

Directions

- Heat oil in large skillet on medium heat.
- Add onions; cook 4 min., stirring frequently. Stir in peppers and corn; cook and stir 2 min.
- Add orzo; cook and stir 1 min.
- Stir in broth; bring to boil on high heat. Simmer on medium–low heat 10 to 12 min. or until orzo and vegetables are tender and most the liquid is absorbed, stirring occasionally.
- Add reduced–fat cream cheese; cook 1 to 2 min. or until cream cheese is melted and sauce is well blended, stirring constantly.

Nutrition Facts



Properties

Glycemic Index:2.26, Glycemic Load:1.01, Inflammation Score:-1, Nutrition Score:0.94695652438247%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 29.8kcal (1.49%), Fat: 1.21g (1.87%), Saturated Fat: 0.5g (3.11%), Carbohydrates: 4.01g (1.34%), Net Carbohydrates: 3.71g (1.35%), Sugar: 0.34g (0.38%), Cholesterol: 2.01mg (0.67%), Sodium: 62mg (2.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.75%), Selenium: 2.33µg (3.33%), Vitamin C: 2.2mg (2.67%), Manganese: 0.04mg (2.17%), Phosphorus: 12.43mg (1.24%), Fiber: 0.31g (1.22%), Vitamin B6: 0.02mg (1.09%), Vitamin B3: 0.21mg (1.05%)