



Easy Mushroom Orzo

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



181 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups orzo pasta hot rice-shaped cooked uncooked (1 cup pasta)
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 tablespoons cooking wine dry white
- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 8 ounce mushrooms halved

- ☐ 1 teaspoon olive oil
- ☐ 0.3 teaspoon oregano dried
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons water

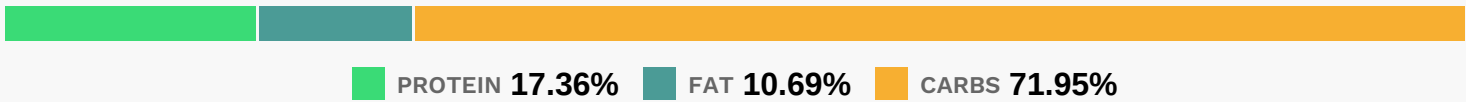
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Heat oil in a large saucepan over medium-high heat.
- ☐ Add garlic; saut 1 minute.
- ☐ Add parsley and next 8 ingredients (through mushrooms); cook 10 minutes or until mushrooms are tender, stirring occasionally.
- ☐ Combine mushroom mixture and orzo in a medium bowl, and toss well to combine.

Nutrition Facts



Properties

Glycemic Index:48.63, Glycemic Load:13.78, Inflammation Score:-5, Nutrition Score:9.2917390180671%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 181.06kcal (9.05%), Fat: 2.11g (3.24%), Saturated Fat: 0.34g (2.14%), Carbohydrates: 31.93g (10.64%), Net Carbohydrates: 29.45g (10.71%), Sugar: 1.77g (1.97%), Cholesterol: 0mg (0%), Sodium: 294.82mg (12.82%), Alcohol:

0.77g (100%), Alcohol %: 0.56% (100%), Protein: 7.7g (15.41%), Selenium: 30.22µg (43.17%), Manganese: 0.41mg (20.63%), Vitamin K: 20.18µg (19.22%), Vitamin B2: 0.26mg (15.37%), Copper: 0.29mg (14.34%), Vitamin B3: 2.51mg (12.56%), Phosphorus: 114.49mg (11.45%), Iron: 1.86mg (10.34%), Fiber: 2.47g (9.89%), Vitamin B5: 0.99mg (9.86%), Potassium: 256.7mg (7.33%), Vitamin B6: 0.14mg (6.84%), Magnesium: 27.22mg (6.81%), Zinc: 0.85mg (5.69%), Folate: 20.24µg (5.06%), Vitamin B1: 0.07mg (4.76%), Vitamin C: 3.05mg (3.7%), Calcium: 19.45mg (1.95%), Vitamin A: 91.93IU (1.84%), Vitamin E: 0.26mg (1.76%)