



Edamame-Orzo Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



225 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

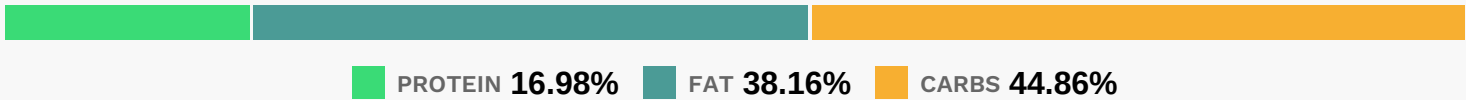
- ☐ 0.5 teaspoon coarse kosher salt
- ☐ 2 cups edamame frozen shelled
- ☐ 1 teaspoon garlic minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest fresh grated
- ☐ 0.5 cup orzo pasta
- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 2 tablespoons vegetable oil

Equipment

Directions

- ☐
- Cook edamame and orzo according to package directions; drain.
- ☐
- Combine edamame, orzo, bell pepper, oil, lemon juice, garlic, lemon zest, and salt. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:5.82, Inflammation Score:-3, Nutrition Score:6.0804348095604%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 225.1kcal (11.25%), Fat: 9.61g (14.78%), Saturated Fat: 1.1g (6.86%), Carbohydrates: 25.41g (8.47%), Net Carbohydrates: 21.52g (7.83%), Sugar: 3.11g (3.45%), Cholesterol: 0mg (0%), Sodium: 292.42mg (12.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.62g (19.24%), Vitamin C: 15.7mg (19.03%), Selenium: 11.98µg (17.11%), Fiber: 3.88g (15.54%), Iron: 2.31mg (12.82%), Vitamin K: 12.99µg (12.37%), Potassium: 407.05mg (11.63%), Manganese: 0.2mg (9.83%), Calcium: 68.25mg (6.82%), Vitamin A: 292.34IU (5.85%), Vitamin E: 0.74mg (4.91%), Phosphorus: 39.67mg (3.97%), Vitamin B6: 0.07mg (3.37%), Copper: 0.06mg (2.99%), Magnesium: 11.77mg (2.94%), Folate: 9.25µg (2.31%), Vitamin B3: 0.42mg (2.12%), Zinc: 0.3mg (2.01%), Vitamin B1: 0.03mg (1.7%), Vitamin B2: 0.02mg (1.27%), Vitamin B5: 0.13mg (1.26%)