



Fresh Mozzarella Pasta Salad

 Popular

READY IN



25 min.

SERVINGS



4

CALORIES



272 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup basil fresh chopped
- ☐ 1.5 cups mozzarella cheese fresh cubed
- ☐ 1 cup orzo pasta uncooked
- ☐ 2 plum tomatoes fresh seeded cut into bite-size pieces
- ☐ 1 teaspoon pepper flakes red crushed
- ☐ 4 servings salt to taste

Equipment

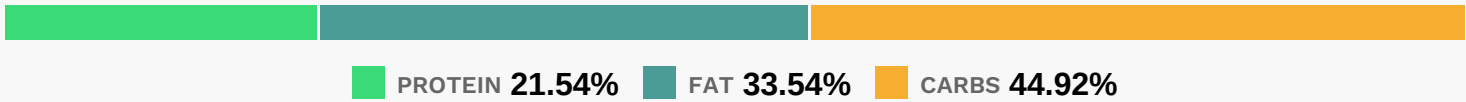
- ☐ bowl

☐ pot

Directions

- ☐ Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Stir in the orzo, and return to a boil. Cook the pasta uncovered, stirring occasionally, until cooked through, but still firm to the bite, about 10 minutes.
- ☐ Drain well, and let cool.
- ☐ Mix the mozzarella cheese cubes, tomatoes, basil, crushed red pepper flakes, and salt with olive oil in a salad bowl. Gently mix in the orzo pasta, and toss lightly to coat the ingredients with oil.

Nutrition Facts



Properties

Glycemic Index:44.25, Glycemic Load:11.83, Inflammation Score:-6, Nutrition Score:10.292608691298%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 272.46kcal (13.62%), Fat: 10.1g (15.53%), Saturated Fat: 5.65g (35.31%), Carbohydrates: 30.42g (10.14%), Net Carbohydrates: 28.65g (10.42%), Sugar: 2.29g (2.54%), Cholesterol: 33.18mg (11.06%), Sodium: 469.19mg (20.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.59g (29.18%), Selenium: 30.95µg (44.21%), Phosphorus: 229.34mg (22.93%), Calcium: 227.5mg (22.75%), Manganese: 0.42mg (20.9%), Vitamin B12: 0.96µg (15.96%), Vitamin A: 769.53IU (15.39%), Zinc: 1.84mg (12.28%), Vitamin K: 10.21µg (9.72%), Vitamin B2: 0.15mg (9.01%), Magnesium: 33.4mg (8.35%), Copper: 0.14mg (7.11%), Fiber: 1.77g (7.08%), Potassium: 203.23mg (5.81%), Vitamin C: 4.52mg (5.48%), Vitamin B6: 0.11mg (5.32%), Iron: 0.89mg (4.95%), Vitamin B3: 0.94mg (4.68%), Vitamin B1: 0.06mg (3.97%), Folate: 15.5µg (3.88%), Vitamin E: 0.49mg (3.27%), Vitamin B5: 0.26mg (2.56%), Vitamin D: 0.17µg (1.12%)