

Greek Orzo and Broccoli

READY IN



30 min.

SERVINGS



6

CALORIES



164 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups broccoli florets fresh
- 0.3 cup feta cheese crumbled
- 2 tablespoons basil fresh minced
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- 0.3 cup greek olives pitted
- 1 tablespoon olive oil
- 0.8 cup orzo pasta uncooked
- 0.3 cup parmesan cheese grated
- 0.3 teaspoon pepper

- 0.3 teaspoon pepper red crushed
- 4.5 teaspoons slivered almonds toasted

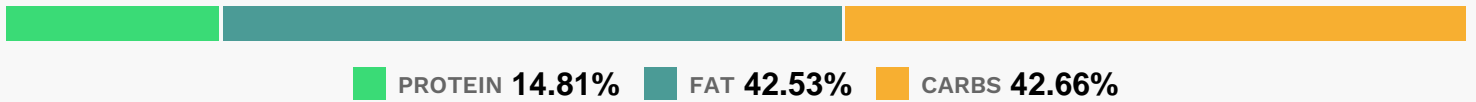
Equipment

- bowl
- frying pan
- sauce pan

Directions

- In a large saucepan, cook pasta in boiling water for 7 minutes.
- Add broccoli and cook 2–3 minutes longer or until pasta is tender; drain. Meanwhile, in a small bowl, combine the olives, feta cheese, Parmesan cheese and basil.
- In a small nonstick skillet, saute almonds in oil for about 1 minute. Stir in red pepper flakes and pepper; cook and stir 1 minute longer.
- Pour over pasta mixture; toss to coat. Stir in olive mixture; toss to coat.

Nutrition Facts



Properties

Glycemic Index:47.17, Glycemic Load:6.13, Inflammation Score:-5, Nutrition Score:9.6308696295904%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 163.6kcal (8.18%), Fat: 7.91g (12.16%), Saturated Fat: 2.16g (13.47%), Carbohydrates: 17.84g (5.95%), Net Carbohydrates: 15.76g (5.73%), Sugar: 1.2g (1.33%), Cholesterol: 9.19mg (3.06%), Sodium: 273.82mg (11.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.2g (12.39%), Vitamin K: 38.41µg (36.58%), Vitamin C: 27.3mg (33.09%), Selenium: 15.22µg (21.74%), Manganese: 0.34mg (16.84%), Phosphorus: 118.79mg (11.88%), Vitamin E: 1.72mg (11.49%), Calcium: 100.84mg (10.08%), Vitamin B2: 0.15mg (8.86%), Fiber: 2.08g (8.33%), Vitamin A: 376.4IU (7.53%), Magnesium: 29mg (7.25%), Folate: 27.22µg (6.81%), Vitamin B6: 0.12mg (6%), Copper: 0.12mg (5.98%), Zinc: 0.86mg (5.74%), Potassium: 181.04mg (5.17%), Iron: 0.75mg (4.17%), Vitamin B1: 0.06mg (3.84%), Vitamin B3: 0.73mg (3.63%), Vitamin B5: 0.35mg (3.49%), Vitamin B12: 0.16µg (2.7%)