



## Greek Orzo Salad

 Popular

READY IN



80 min.

SERVINGS



6

CALORIES



301 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 ounce olives black drained canned
- 1 cucumber seeded chopped
- 1 cup feta cheese crumbled
- 0.3 cup parsley fresh chopped
- 1 tablespoon juice of lemon
- 0.5 teaspoon lemon pepper
- 12 ounce marinated artichoke hearts canned
- 0.5 teaspoon oregano dried

- 1.5 cups orzo pasta uncooked
- 1 onion red chopped
- 1 tomatoes seeded chopped

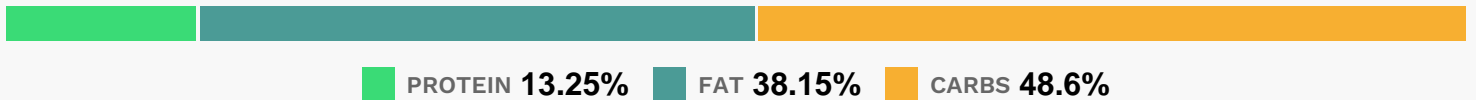
## Equipment

- bowl
- pot

## Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- Drain artichoke hearts, reserving liquid.
- In large bowl combine pasta, artichoke hearts, tomato, cucumber, onion, feta, olives, parsley, lemon juice, oregano and lemon pepper. Toss and chill for 1 hour in refrigerator.
- Just before serving, drizzle reserved artichoke marinade over salad.

## Nutrition Facts



## Properties

Glycemic Index:36.33, Glycemic Load:12.26, Inflammation Score:-8, Nutrition Score:13.839999942676%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

## Nutrients (% of daily need)

Calories: 300.78kcal (15.04%), Fat: 12.67g (19.49%), Saturated Fat: 4.22g (26.36%), Carbohydrates: 36.31g (12.1%), Net Carbohydrates: 32.55g (11.84%), Sugar: 3.72g (4.13%), Cholesterol: 22.25mg (7.42%), Sodium: 654.38mg

(28.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.9g (19.79%), Vitamin K: 48.22µg (45.93%), Selenium: 27.7µg (39.57%), Vitamin C: 21.97mg (26.63%), Manganese: 0.47mg (23.41%), Vitamin A: 1131.26IU (22.63%), Phosphorus: 178.4mg (17.84%), Calcium: 167.65mg (16.76%), Vitamin B2: 0.26mg (15.27%), Fiber: 3.76g (15.03%), Vitamin B6: 0.23mg (11.59%), Zinc: 1.44mg (9.59%), Copper: 0.19mg (9.49%), Magnesium: 37.89mg (9.47%), Iron: 1.54mg (8.57%), Folate: 33.32µg (8.33%), Potassium: 267.19mg (7.63%), Vitamin B1: 0.11mg (7.27%), Vitamin B12: 0.42µg (7.04%), Vitamin B5: 0.58mg (5.83%), Vitamin B3: 1.11mg (5.57%), Vitamin E: 0.63mg (4.2%)