



## Greek Orzo with Feta

READY IN



100 min.

SERVINGS



6

CALORIES



367 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 8 ounce feta cheese crumbled
- 1 cup parsley fresh chopped
- 2 cloves garlic minced
- 0.5 cup kalamata olives pitted chopped
- 0.5 cup juice of lemon fresh
- 0.3 cup olive oil
- 1 teaspoon oregano fresh finely chopped
- 0.5 pound orzo pasta dried
- 1 bell pepper red chopped

- 1 onion red chopped
- 2 tomatoes diced ripe seeded

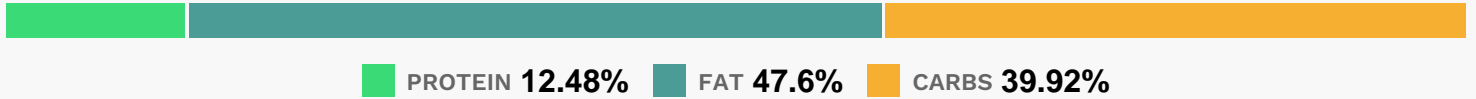
## Equipment

- bowl
- pot

## Directions

- Stir together olive oil, lemon juice, olives, tomatoes, red pepper, red onion, garlic, oregano, and feta cheese in a large bowl.
- Let stand at room temperature for 1 hour.
- Bring a large pot of lightly salted water to a boil.
- Add the orzo and cook for 8 to 10 minutes or until al dente; drain and toss the tomato mixture.
- Sprinkle with chopped parsley to serve.

## Nutrition Facts



## Properties

Glycemic Index:38.83, Glycemic Load:12.98, Inflammation Score:-9, Nutrition Score:21.593912777693%

## Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 21.56mg, Apigenin: 21.56mg, Apigenin: 21.56mg, Apigenin: 21.56mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 1.56mg, Myricetin: 1.56mg, Myricetin: 1.56mg, Myricetin: 1.56mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

## Nutrients (% of daily need)

Calories: 366.59kcal (18.33%), Fat: 19.73g (30.35%), Saturated Fat: 6.66g (41.63%), Carbohydrates: 37.22g (12.41%), Net Carbohydrates: 33.87g (12.32%), Sugar: 4.38g (4.87%), Cholesterol: 33.64mg (11.21%), Sodium: 618.49mg (26.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.63g (23.27%), Vitamin K: 176.67µg (168.25%),

Vitamin C: 53.85mg (65.27%), Selenium: 29.96µg (42.8%), Vitamin A: 2015.98IU (40.32%), Manganese: 0.5mg (25.08%), Calcium: 232.09mg (23.21%), Phosphorus: 229.04mg (22.9%), Vitamin B2: 0.39mg (22.81%), Vitamin B6: 0.36mg (18.21%), Vitamin E: 2.54mg (16.93%), Folate: 58.08µg (14.52%), Fiber: 3.35g (13.42%), Zinc: 1.91mg (12.76%), Magnesium: 44.55mg (11.14%), Vitamin B12: 0.64µg (10.65%), Potassium: 362.88mg (10.37%), Iron: 1.85mg (10.29%), Vitamin B1: 0.14mg (9.67%), Copper: 0.19mg (9.64%), Vitamin B3: 1.67mg (8.37%), Vitamin B5: 0.73mg (7.29%), Vitamin D: 0.15µg (1.01%)