



WHATSheATE



HEALTH SCORE

98%

Greek-Style Vegetable Kebabs with Orzo and Feta



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



750 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 eggplant
- ☐ 0.5 cup feta cheese crumbled
- ☐ 2 tablespoons mint leaves fresh minced
- ☐ 0.5 cup orzo pasta (rice-shaped)
- ☐ 1 bell pepper red cut into 1-inch square pieces
- ☐ 8 tablespoons balsamic vinaigrette salad dressing greek-style
- ☐ 2 medium zucchini cut into 1/2-inch-thick rounds

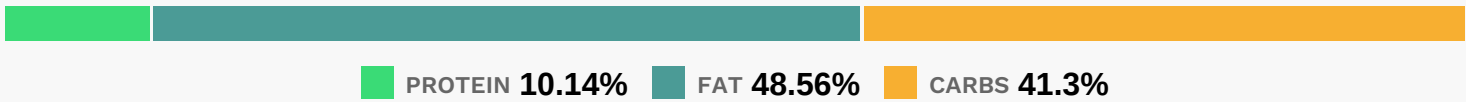
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ grill
- ☐ skewers
- ☐ metal skewers

Directions

- ☐ Prepare barbecue (medium-high heat). Blend vinaigrette and mint in small bowl for dressing. Cook orzo in medium saucepan of boiling salted water until just tender but still firm to bite; drain. Return orzo to same pan.
- ☐ Mix in 3 tablespoons dressing. Season with salt and pepper.
- ☐ Thread bell pepper, eggplant and zucchini onto 4 metal skewers; brush with dressing. Grill vegetables until tender and just charred, turning and brushing often with dressing, about 12 minutes.
- ☐ Divide orzo between 2 plates.
- ☐ Place vegetable skewers atop orzo.
- ☐ Sprinkle with cheese and serve.

Nutrition Facts



Properties

Glycemic Index:73, Glycemic Load:18.95, Inflammation Score:-10, Nutrition Score:47.571304113969%

Flavonoids

Delphinidin: 588.69mg, Delphinidin: 588.69mg, Delphinidin: 588.69mg, Delphinidin: 588.69mg Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Kaempferol: 0.01mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 749.9kcal (37.49%), Fat: 42.78g (65.82%), Saturated Fat: 11.36g (71.01%), Carbohydrates: 81.88g (27.29%), Net Carbohydrates: 56.46g (20.53%), Sugar: 34.25g (38.06%), Cholesterol: 33.38mg (11.13%), Sodium: 463.74mg (20.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.1g (40.19%), Vitamin C: 127.95mg (155.09%), Manganese: 2.42mg (121.03%), Fiber: 25.42g (101.68%), Vitamin K: 99.33µg (94.6%), Potassium: 2350.78mg (67.17%), Vitamin B6: 1.29mg (64.42%), Folate: 250µg (62.5%), Vitamin A: 2783.6IU (55.67%), Vitamin B2: 0.84mg (49.49%), Selenium: 32.86µg (46.94%), Phosphorus: 455.73mg (45.57%), Magnesium: 169.6mg (42.4%), Vitamin E: 6.3mg (41.97%), Copper: 0.81mg (40.36%), Vitamin B3: 7.02mg (35.1%), Vitamin B1: 0.48mg (32.26%), Vitamin B5: 3.06mg (30.6%), Calcium: 302.26mg (30.23%), Zinc: 3.54mg (23.6%), Iron: 3.55mg (19.7%), Vitamin B12: 0.63µg (10.56%)