



## Grilled Meats and Vegetables over Saffron Orzo

 Dairy Free

READY IN



110 min.

SERVINGS



6

CALORIES



800 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 teaspoons pepper black freshly ground
- ☐ 4 cups chicken stock see
- ☐ 0.5 pound cremini mushrooms
- ☐ 2 ears corn husked cut into thirds
- ☐ 0.3 cup flat-leaf parsley chopped
- ☐ 0.5 cup flat-leaf parsley chopped

- ☐ 5 cloves garlic minced
- ☐ 0.5 juice of lemon juiced
- ☐ 2 teaspoons kosher salt smoked
- ☐ 1 cup juice of lemon fresh
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 cups olive oil extra-virgin
- ☐ 1 orange bell pepper cored halved
- ☐ 1 pound orzo pasta dried
- ☐ 1 bell pepper red cored halved
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 1 teaspoon saffron threads
- ☐ 1 teaspoon salt
- ☐ 0.5 pound shrimp shelled deveined
- ☐ 3 chicken breasts boneless skinless
- ☐ 4 chicken thighs boneless skinless
- ☐ 1 bell pepper yellow cored halved

## Equipment

- ☐ bowl
- ☐ pot
- ☐ grill
- ☐ aluminum foil
- ☐ grill pan

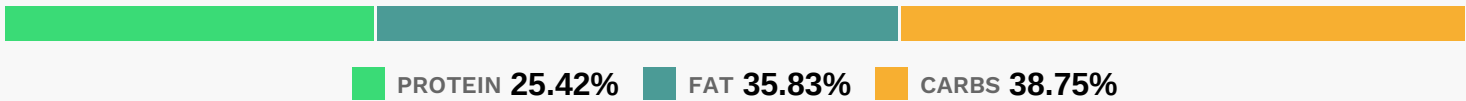
## Directions

- ☐ Watch how to make this recipe.
- ☐ In a medium bowl, combine the marinade ingredients.
- ☐ In a large bowl, combine half the marinade with the chicken breasts, chicken thighs, and shrimp. Toss to combine. Cover and let marinate for at least 1 hour. If marinating for longer

than 1 hour, make sure to refrigerate.

- ☐ Place a grill pan over medium-high heat or preheat a gas or charcoal grill.
- ☐ Brush the corn with reserved unused marinade and wrap in foil. Toss the mushrooms with 1/4 cup of the reserved unused marinade. Grill the chicken breasts and thighs to an internal temperature of 165 degrees F, about 7 minutes a side. Grill the corn inside the foil, for about 5 minutes a side. Grill the peppers for about 5 minutes a side. Grill the shrimp and the mushrooms, about 2 minutes a side.
- ☐ Brush the grilled peppers with the last of the reserved unused marinade. Slice the peppers and mushrooms before serving, if desired.
- ☐ Arrange grilled meats and vegetables over the saffron orzo on a large platter and serve immediately.
- ☐ In a large pot, bring the chicken stock to a boil over high heat. Reduce the heat to low, bringing the stock to a simmer.
- ☐ Add the saffron, stir, and allow the saffron to bloom, about 5 minutes. Return the heat to medium and the stock to a boil, then add the orzo and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes.
- ☐ Drain orzo and transfer to a large bowl.
- ☐ Add the olive oil, lemon juice, salt, pepper, and parsley. Toss to combine.

## Nutrition Facts



## Properties

Glycemic Index:55.67, Glycemic Load:23.63, Inflammation Score:-9, Nutrition Score:41.123043925866%

## Flavonoids

Eriodictyol: 2.11mg, Eriodictyol: 2.11mg, Eriodictyol: 2.11mg, Eriodictyol: 2.11mg Hesperetin: 6.25mg, Hesperetin: 6.25mg, Hesperetin: 6.25mg, Hesperetin: 6.25mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Apigenin: 16.23mg, Apigenin: 16.23mg, Apigenin: 16.23mg, Apigenin: 16.23mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 1.21mg, Myricetin: 1.21mg, Myricetin: 1.21mg, Myricetin: 1.21mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

## Nutrients (% of daily need)

Calories: 799.85kcal (39.99%), Fat: 32.05g (49.31%), Saturated Fat: 5.27g (32.92%), Carbohydrates: 77.99g (26%), Net Carbohydrates: 72.99g (26.54%), Sugar: 9.94g (11.04%), Cholesterol: 173.38mg (57.79%), Sodium: 1590.88mg (69.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.17g (102.34%), Vitamin C: 117.68mg (142.64%), Selenium: 97µg (138.58%), Vitamin K: 143.67µg (136.83%), Vitamin B3: 16.63mg (83.16%), Phosphorus: 627.38mg (62.74%), Vitamin B6: 1.25mg (62.29%), Manganese: 1.09mg (54.68%), Vitamin A: 2067.15IU (41.34%), Copper: 0.78mg (39.24%), Potassium: 1319.41mg (37.7%), Vitamin B2: 0.63mg (37.15%), Vitamin B5: 3.09mg (30.93%), Vitamin E: 4.59mg (30.61%), Magnesium: 122.35mg (30.59%), Zinc: 4.11mg (27.39%), Vitamin B1: 0.36mg (24.05%), Folate: 92.67µg (23.17%), Iron: 3.71mg (20.59%), Fiber: 5g (19.99%), Vitamin B12: 0.63µg (10.55%), Calcium: 90.25mg (9.03%)