



## Herbed Orzo

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



142 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 cup orzo pasta
- 3 tablespoons herbs: rosemary fresh such as dill, chives, cilantro, or parsley chopped
- 2 teaspoons juice of lemon fresh
- 1 serving coarse mustard

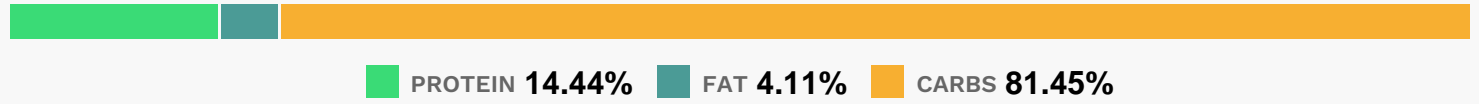
## Equipment

- bowl
- pot

## Directions

- In a large pot of boiling salted water, cook orzo until al dente.
- Drain orzo and transfer to a medium bowl.
- Add herbs and lemon juice. Toss to combine. Season with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:26.5, Glycemic Load:11.29, Inflammation Score:-4, Nutrition Score:7.044347839511%

## 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: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 141.52kcal (7.08%), Fat: 0.64g (0.98%), Saturated Fat: 0.11g (0.7%), Carbohydrates: 28.43g (9.48%), Net Carbohydrates: 27.07g (9.84%), Sugar: 1.11g (1.23%), Cholesterol: 0mg (0%), Sodium: 17.7mg (0.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.04g (10.08%), Vitamin K: 49.26µg (46.91%), Selenium: 24.13µg (34.47%), Manganese: 0.35mg (17.71%), Phosphorus: 74.17mg (7.42%), Vitamin C: 4.96mg (6.02%), Copper: 0.11mg (5.71%), Magnesium: 22.13mg (5.53%), Fiber: 1.36g (5.44%), Vitamin A: 253.76IU (5.08%), Iron: 0.7mg (3.86%), Zinc: 0.57mg (3.8%), Vitamin B3: 0.69mg (3.43%), Potassium: 104.69mg (2.99%), Folate: 11.9µg (2.97%), Vitamin B6: 0.06mg (2.9%), Vitamin B1: 0.04mg (2.62%), Vitamin B5: 0.18mg (1.81%), Vitamin B2: 0.03mg (1.57%), Calcium: 12.95mg (1.3%)