



Herbed Orzo Pilaf (Crowd Size)

 Dairy Free

READY IN



40 min.

SERVINGS



16

CALORIES



143 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cloves garlic finely chopped
- 0.5 cup spring onion sliced
- 4 ounces mushrooms sliced
- 16 ounces soup noodles (orzo)
- 0.3 cup pinenuts
- 2 cups roma tomatoes sliced (plum)
- 0.5 teaspoon salt
- 2 tablespoons vegetable oil

Equipment

frying pan

Directions

Cook and drain pasta as directed on package.

Meanwhile, in 12-inch skillet, cook nuts over medium heat 2 to 3 minutes, stirring constantly, until toasted.

Remove from skillet.

Add 1 tablespoon of the oil and the garlic to skillet. Cook and stir over medium-high heat 1 minute. Stir in mushrooms and onions. Cook about 2 minutes, stirring occasionally, until crisp-tender.

Stir in tomatoes, pasta, basil, salt and remaining 1 tablespoon oil. Cook over medium heat, stirring occasionally, until heated through. Spoon into serving dish; sprinkle with nuts.

Nutrition Facts

PROTEIN **12.64%** FAT **22.91%** CARBS **64.45%**

Properties

Glycemic Index:10.88, Glycemic Load:8.95, Inflammation Score:-4, Nutrition Score:6.2369564779751%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 142.84kcal (7.14%), Fat: 3.66g (5.63%), Saturated Fat: 0.45g (2.84%), Carbohydrates: 23.18g (7.73%), Net Carbohydrates: 21.68g (7.88%), Sugar: 1.83g (2.03%), Cholesterol: 0mg (0%), Sodium: 76.81mg (3.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.09%), Selenium: 18.66µg (26.66%), Manganese: 0.49mg (24.71%), Vitamin K: 13.1µg (12.48%), Phosphorus: 80.63mg (8.06%), Copper: 0.15mg (7.68%), Magnesium: 24.93mg (6.23%), Fiber: 1.5g (6%), Vitamin C: 4.92mg (5.97%), Vitamin A: 278.15IU (5.56%), Vitamin B3: 1.03mg (5.13%), Potassium: 178.58mg (5.1%), Zinc: 0.64mg (4.26%), Vitamin B6: 0.08mg (3.99%), Vitamin E: 0.54mg (3.63%), Iron: 0.65mg (3.63%), Vitamin B1: 0.05mg (3.49%), Vitamin B2: 0.06mg (3.46%), Folate: 13.47µg (3.37%), Vitamin B5: 0.27mg (2.66%), Calcium: 12.43mg (1.24%)