



Lemon-Basil Orzo with Parmesan

READY IN



22 min.

SERVINGS



4

CALORIES



139 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 teaspoons lemon rind grated
- ☐ 2 teaspoons olive oil
- ☐ 0.8 cup orzo pasta uncooked
- ☐ 0.5 ounce parmigiano-reggiano cheese grated
- ☐ 0.3 teaspoon salt

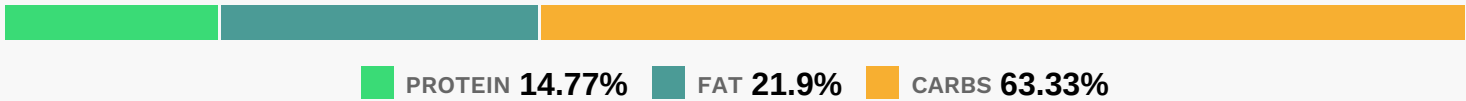
Equipment

☐ frying pan

Directions

- ☐ Cook the orzo according to package directions, omitting the salt and fat.
- ☐ Drain.
- ☐ . While orzo cooks, heat oil in a medium nonstick skillet over medium-high heat.
- ☐ Add lemon rind and garlic; saut 1 minute.
- ☐ Remove from heat.
- ☐ Add orzo, basil, and remaining ingredients; toss well.
- ☐ Garnish with basil, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:8.64, Inflammation Score:-2, Nutrition Score:4.6426086863098%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 139.28kcal (6.96%), Fat: 3.36g (5.18%), Saturated Fat: 0.94g (5.87%), Carbohydrates: 21.89g (7.3%), Net Carbohydrates: 20.8g (7.56%), Sugar: 0.84g (0.93%), Cholesterol: 2.41mg (0.8%), Sodium: 204.24mg (8.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.11g (10.21%), Selenium: 18.8µg (26.86%), Manganese: 0.32mg (15.86%), Phosphorus: 81.2mg (8.12%), Vitamin K: 7.75µg (7.38%), Calcium: 55.24mg (5.52%), Copper: 0.1mg (4.77%), Magnesium: 18.17mg (4.54%), Fiber: 1.09g (4.37%), Zinc: 0.53mg (3.52%), Vitamin B6: 0.07mg (3.31%), Iron: 0.5mg (2.78%), Vitamin B3: 0.52mg (2.59%), Vitamin C: 2.03mg (2.46%), Vitamin E: 0.34mg (2.29%), Potassium: 79.73mg (2.28%), Vitamin A: 108.12IU (2.16%), Vitamin B1: 0.03mg (2.06%), Vitamin B2: 0.03mg (1.91%), Folate: 6.53µg (1.63%), Vitamin B5: 0.15mg (1.54%)