



## Lemon-Herb Orzo

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



299 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 5 cups orzo pasta hot rice-shaped cooked uncooked ()
- 0.3 cup parsley fresh chopped
- 2 tablespoons juice of lemon fresh
- 0.5 teaspoon oregano fresh chopped
- 0.1 teaspoon pepper

## Equipment

- bowl

# Directions

Combine all the ingredients in a large bowl, and stir well.

# Nutrition Facts



# Properties

Glycemic Index:23.5, Glycemic Load:26.39, Inflammation Score:-5, Nutrition Score:11.133913123089%

# Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg 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: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

# Nutrients (% of daily need)

Calories: 298.52kcal (14.93%), Fat: 1.79g (2.75%), Saturated Fat: 0.34g (2.12%), Carbohydrates: 58.48g (19.49%), Net Carbohydrates: 54.9g (19.96%), Sugar: 1.23g (1.37%), Cholesterol: 0mg (0%), Sodium: 3.67mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.98g (21.96%), Selenium: 49.39µg (70.55%), Vitamin K: 50.53µg (48.12%), Manganese: 0.62mg (31.2%), Iron: 2.66mg (14.79%), Fiber: 3.58g (14.32%), Phosphorus: 111.06mg (11.11%), Copper: 0.19mg (9.72%), Magnesium: 36.15mg (9.04%), Vitamin C: 6.32mg (7.66%), Zinc: 0.99mg (6.63%), Vitamin A: 256.76IU (5.14%), Vitamin B6: 0.1mg (4.97%), Folate: 19.33µg (4.83%), Vitamin B3: 0.8mg (4.01%), Potassium: 108.26mg (3.09%), Vitamin B1: 0.04mg (2.79%), Vitamin B2: 0.04mg (2.49%), Vitamin B5: 0.23mg (2.32%), Calcium: 21.01mg (2.1%), Vitamin E: 0.18mg (1.2%)