



Lemon Orzo

READY IN



23 min.

SERVINGS



5

CALORIES



691 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup butter
- 6 cups chicken broth
- 2 tablespoons juice of lemon fresh
- 2 tablespoons lemon rind fresh grated
- 16 ounces orzo pasta) (rice-shaped uncooked
- 1.5 cups parmesan cheese freshly grated
- 5 servings garnish: parmesan cheese freshly grated
- 0.5 teaspoon pepper freshly ground

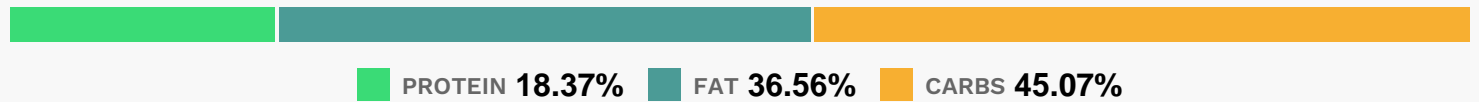
Equipment

- frying pan
- dutch oven

Directions

- Bring broth to a boil in a Dutch oven. Stir in orzo; cook, uncovered, 9 to 11 minutes or until tender, stirring occasionally to prevent sticking.
- Drain.
- Melt butter in same pan over medium heat.
- Add hot cooked orzo, lemon rind, and next 3 ingredients. Stir gently just until cheese melts.
- Serve hot.
- Garnish, if desired.
- Fix it Faster: Use refrigerated shredded Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:14.8, Glycemic Load:27.26, Inflammation Score:-7, Nutrition Score:20.812608682591%

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 Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 690.64kcal (34.53%), Fat: 27.93g (42.96%), Saturated Fat: 11.49g (71.81%), Carbohydrates: 77.45g (25.82%), Net Carbohydrates: 74.22g (26.99%), Sugar: 3.93g (4.37%), Cholesterol: 57.84mg (19.28%), Sodium: 2208.94mg (96.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.57g (63.15%), Selenium: 79.49µg (113.56%), Calcium: 568.6mg (56.86%), Phosphorus: 566.83mg (56.68%), Manganese: 1.04mg (51.94%), Zinc: 4.09mg (27.24%), Vitamin B2: 0.44mg (25.6%), Vitamin A: 933.28IU (18.67%), Magnesium: 73.3mg (18.33%), Copper: 0.33mg (16.72%), Vitamin B12: 0.88µg (14.63%), Fiber: 3.23g (12.9%), Vitamin B3: 2.23mg (11.13%), Potassium: 380.91mg (10.88%), Vitamin B1: 0.16mg (10.75%), Iron: 1.69mg (9.39%), Vitamin B6: 0.19mg (9.3%),

Vitamin C: 5.44mg (6.59%), Vitamin B5: 0.64mg (6.39%), Vitamin E: 0.89mg (5.92%), Folate: 21.59µg (5.4%),
Vitamin D: 0.3µg (2%), Vitamin K: 1.44µg (1.37%)