



Lemon Orzo

 Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



347 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.8 teaspoon kosher salt
- 1 teaspoon lemon zest packed
- 4 cups chicken broth low-sodium
- 2 tablespoons olive oil
- 1 pound orzo pasta
- 2 cups water

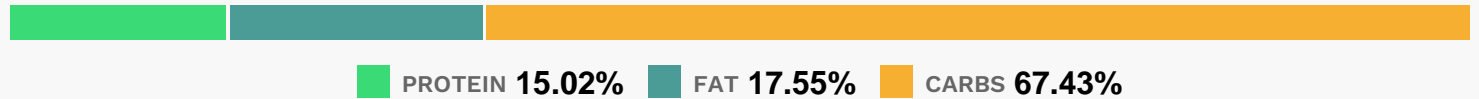
Equipment

- pot

Directions

- Combine broth and water in a small pot and bring to a boil over high heat. When it boils, add orzo. Bring back to a boil, then cover and simmer for 5 to 6 minutes, until most of the liquid has cooked off.
- Remove from heat and stir in oil, zest, and salt. Taste, adjust seasoning as desired, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:22.69, Inflammation Score:-3, Nutrition Score:10.257391380227%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 347.05kcal (17.35%), Fat: 6.75g (10.39%), Saturated Fat: 1.14g (7.09%), Carbohydrates: 58.39g (19.46%), Net Carbohydrates: 55.94g (20.34%), Sugar: 2.24g (2.49%), Cholesterol: 0mg (0%), Sodium: 346.48mg (15.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.01g (26.02%), Selenium: 47.78µg (68.26%), Manganese: 0.69mg (34.7%), Phosphorus: 190.12mg (19.01%), Vitamin B3: 3.44mg (17.21%), Copper: 0.31mg (15.59%), Magnesium: 42.49mg (10.62%), Fiber: 2.45g (9.82%), Potassium: 304.53mg (8.7%), Zinc: 1.23mg (8.22%), Iron: 1.34mg (7.47%), Vitamin B6: 0.12mg (6.18%), Vitamin B2: 0.09mg (5.46%), Vitamin E: 0.76mg (5.04%), Vitamin B1: 0.07mg (4.55%), Folate: 13.65µg (3.41%), Vitamin B5: 0.33mg (3.27%), Vitamin K: 2.88µg (2.75%), Vitamin B12: 0.16µg (2.62%), Calcium: 25.21mg (2.52%)