



Lemon Orzo

READY IN



25 min.

SERVINGS



7

CALORIES



420 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 cups chicken broth (from two 32-oz cartons)
- 16 oz soup noodles
- 0.3 cup butter
- 2 tablespoons lemon zest grated
- 2 tablespoons juice of lemon fresh
- 1.5 cups parmesan cheese freshly grated
- 0.5 teaspoon pepper freshly ground
- 1 serving parmesan shredded

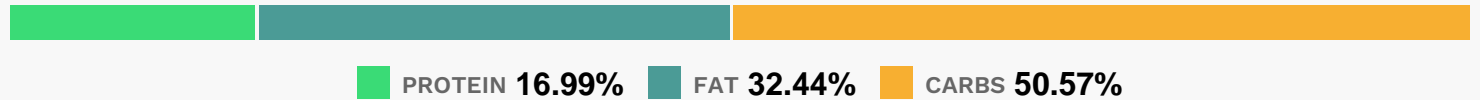
Equipment

- frying pan
- dutch oven

Directions

- In 4- to 5-quart Dutch oven, heat broth to boiling. Stir in pasta. Cook uncovered 9 to 11 minutes, stirring occasionally, until tender.
- Drain; set aside
- In same pan, melt butter over medium heat.
- Add pasta, lemon peel, lemon juice, grated cheese and pepper. Stir gently just until cheese is melted.
- Sprinkle individual servings with shredded cheese.

Nutrition Facts



Properties

Glycemic Index:14.43, Glycemic Load:19.51, Inflammation Score:-5, Nutrition Score:12.812173794145%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 419.9kcal (21%), Fat: 15.05g (23.16%), Saturated Fat: 5.59g (34.93%), Carbohydrates: 52.8g (17.6%), Net Carbohydrates: 50.5g (18.36%), Sugar: 2.83g (3.14%), Cholesterol: 25.59mg (8.53%), Sodium: 1271.47mg (55.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.74g (35.48%), Selenium: 50.25µg (71.78%), Manganese: 0.72mg (36.23%), Phosphorus: 298.77mg (29.88%), Calcium: 267.46mg (26.75%), Vitamin B2: 0.25mg (14.77%), Zinc: 2.11mg (14.06%), Magnesium: 46.75mg (11.69%), Copper: 0.23mg (11.58%), Vitamin A: 514.75IU (10.29%), Fiber: 2.3g (9.22%), Vitamin B3: 1.59mg (7.93%), Vitamin B1: 0.11mg (7.41%), Potassium: 236.59mg (6.76%), Vitamin B12: 0.39µg (6.49%), Iron: 1.15mg (6.37%), Vitamin B6: 0.12mg (5.97%), Vitamin C: 3.89mg (4.71%), Vitamin B5: 0.41mg (4.06%), Folate: 14.43µg (3.61%), Vitamin E: 0.53mg (3.56%)