



Lemon Orzo

READY IN



25 min.

SERVINGS



7

CALORIES



521 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

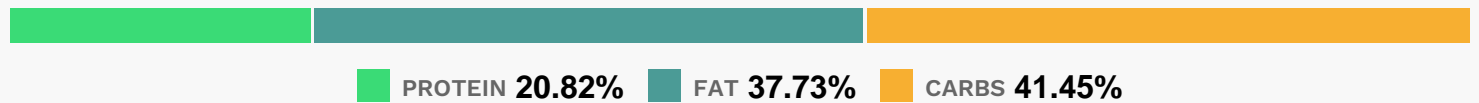
Equipment

- 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:19.73, Inflammation Score:-6, Nutrition Score:16.561739366987%

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: 520.7kcal (26.04%), Fat: 21.7g (33.38%), Saturated Fat: 9.81g (61.3%), Carbohydrates: 53.63g (17.88%), Net Carbohydrates: 51.32g (18.66%), Sugar: 3.03g (3.37%), Cholesterol: 43.07mg (14.36%), Sodium: 1683.41mg (73.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.94g (53.87%), Selenium: 56.03µg (80.05%), Calcium: 571.91mg (57.19%), Phosphorus: 477.22mg (47.72%), Manganese: 0.73mg (36.49%), Vitamin B2: 0.34mg (19.8%), Zinc: 2.82mg (18.77%), Magnesium: 58.06mg (14.51%), Vitamin A: 715.57IU (14.31%), Copper: 0.24mg (11.99%), Vitamin B12: 0.7µg (11.63%), Fiber: 2.3g (9.22%), Vitamin B3: 1.65mg (8.27%), Vitamin B1: 0.12mg (8.08%), Iron: 1.36mg (7.54%), Potassium: 260.25mg (7.44%), Vitamin B6: 0.14mg (7.14%), Vitamin B5: 0.52mg (5.23%), Vitamin C: 3.89mg (4.71%), Folate: 16.23µg (4.06%), Vitamin E: 0.59mg (3.94%), Vitamin D: 0.26µg (1.71%), Vitamin K: 1.17µg (1.12%)