



Lemon-Parsley Orzo

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



171 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1.5 teaspoons lemon rind grated
- ☐ 2 teaspoons olive oil
- ☐ 1 cup orzo pasta) (rice-shaped uncooked
- ☐ 0.8 cup plum tomatoes seeded finely chopped (2)

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0.3 teaspoon salt

Equipment

☐

frying pan

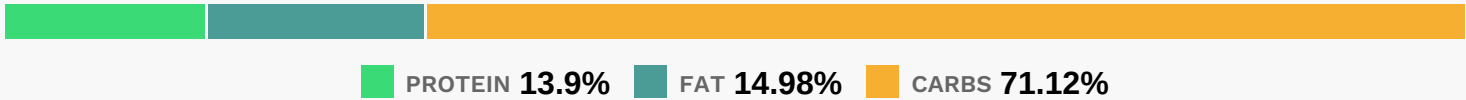
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sauce pan

Directions

- ☐ Bring broth and orzo to a boil in a medium saucepan; cover, reduce heat, and simmer 7 minutes or until tender.
- ☐ Remove from heat; let stand 5 minutes.
- ☐ While orzo cooks, heat oil in a small nonstick skillet over medium heat.
- ☐ Add tomato, garlic, salt, and pepper; saut 2 minutes.
- ☐ Combine with orzo and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:11.81, Inflammation Score:-5, Nutrition Score:8.8621740444847%

Flavonoids

Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 171.26kcal (8.56%), Fat: 2.85g (4.38%), Saturated Fat: 0.4g (2.49%), Carbohydrates: 30.44g (10.15%), Net Carbohydrates: 28.52g (10.37%), Sugar: 2.37g (2.64%), Cholesterol: 0mg (0%), Sodium: 556.99mg (24.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.95g (11.9%), Selenium: 26µg (37.15%), Vitamin K: 37.76µg (35.97%), Manganese: 0.44mg (21.87%), Vitamin C: 9.94mg (12.05%), Vitamin A: 539.13IU (10.78%), Phosphorus: 95.03mg (9.5%), Copper: 0.16mg (8.05%), Fiber: 1.93g (7.7%), Vitamin B3: 1.49mg (7.45%), Magnesium: 27.26mg (6.82%), Potassium: 235.52mg (6.73%), Vitamin B6: 0.12mg (5.77%), Iron: 0.91mg (5.08%), Folate: 17.58µg (4.39%), Zinc: 0.66mg (4.39%), Vitamin B1: 0.06mg (4.06%), Vitamin E: 0.59mg (3.92%), Vitamin B5: 0.34mg (3.37%),

Vitamin B12: 0.2µg (3.31%), Vitamin B2: 0.06mg (3.26%), Calcium: 22.07mg (2.21%)