



Lemon Pepper Orzo

READY IN



20 min.

SERVINGS



4

CALORIES



360 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter
- 2.5 cups chicken stock see
- 0.3 cup cup heavy whipping cream
- 2 tablespoons chives fresh
- 2 juice of lemon juiced
- 1 teaspoon lemon zest
- 2 tablespoons mascarpone cheese
- 1 cup orzo pasta
- 0.3 cup parmesan grated

1 tablespoon cracked pepper black

Equipment

frying pan

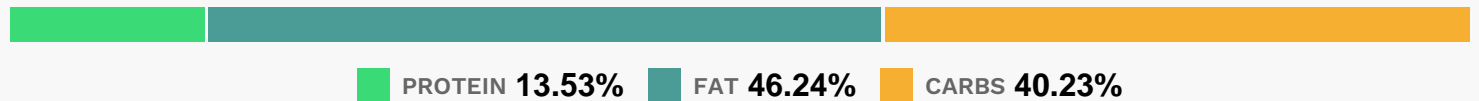
Directions

In a medium saute pan, bring the chicken stock to a boil.

Add orzo and cook for 7 to 8 minutes until liquid is almost absorbed and orzo is tender. Turn heat off.

Stir in the remaining ingredients. Season with salt and pepper, if necessary, and serve.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:11.51, Inflammation Score:-5, Nutrition Score:10.028260889261%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 359.89kcal (17.99%), Fat: 18.5g (28.46%), Saturated Fat: 10.76g (67.25%), Carbohydrates: 36.21g (12.07%), Net Carbohydrates: 34.5g (12.54%), Sugar: 4.3g (4.77%), Cholesterol: 48.11mg (16.04%), Sodium: 370.55mg (16.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.18g (24.35%), Selenium: 29.03µg (41.47%), Manganese: 0.54mg (27.2%), Phosphorus: 169.56mg (16.96%), Vitamin B3: 3.08mg (15.4%), Vitamin A: 626.55IU (12.53%), Vitamin B2: 0.21mg (12.25%), Calcium: 117.97mg (11.8%), Copper: 0.22mg (10.91%), Vitamin C: 7.71mg (9.35%), Potassium: 303.31mg (8.67%), Vitamin B6: 0.17mg (8.5%), Magnesium: 33.98mg (8.49%), Fiber: 1.72g (6.86%), Vitamin K: 7.06µg (6.72%), Vitamin B1: 0.1mg (6.58%), Zinc: 0.99mg (6.58%), Iron: 1.06mg (5.86%), Folate: 20.39µg (5.1%), Vitamin E: 0.44mg (2.94%), Vitamin B5: 0.28mg (2.83%), Vitamin B12: 0.11µg (1.85%), Vitamin D: 0.27µg (1.8%)