



Lemony Orzo Salad

READY IN



45 min.

SERVINGS



6

CALORIES



152 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon basil dried fresh minced
- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 ounces feta cheese crumbled
- ☐ 2 teaspoons mint leaves fresh minced
- ☐ 0.3 cup parsley fresh minced
- ☐ 2 tablespoons kalamata olives pitted chopped
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 1 cup orzo pasta (rice-shaped uncooked)

- ☐ 0.3 cup onion diced red
- ☐ 0.5 teaspoon salt
- ☐ 1 cup tomatoes diced
- ☐ 1.3 cups zucchini diced

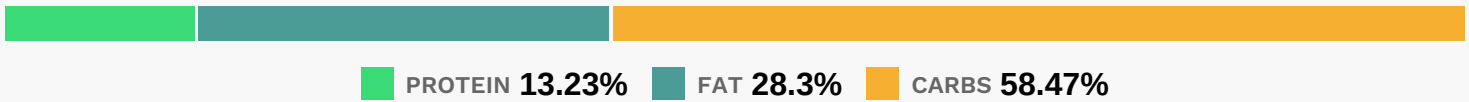
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook orzo according to package directions, omitting salt and fat.
- ☐ Drain well.
- ☐ Combine orzo, zucchini, and onion in a large bowl; toss well.
- ☐ Combine parsley and next 6 ingredients (parsley through pepper); stir well with a whisk. Stir into orzo mixture; add tomato, cheese, and olives, tossing gently to coat.

Nutrition Facts



Properties

Glycemic Index:47.17, Glycemic Load:8.15, Inflammation Score:-6, Nutrition Score:9.5991305138754%

Flavonoids

Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 151.89kcal (7.59%), Fat: 4.84g (7.44%), Saturated Fat: 1.43g (8.94%), Carbohydrates: 22.49g (7.5%), Net Carbohydrates: 20.72g (7.53%), Sugar: 2.62g (2.91%), Cholesterol: 6.31mg (2.1%), Sodium: 323.52mg (14.07%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.09g (10.18%), Vitamin K: 60.96µg (58.06%), Selenium: 17µg (24.29%), Vitamin C: 16.4mg (19.88%), Manganese: 0.34mg (17.07%), Vitamin A: 603.24IU (12.06%), Phosphorus: 93.13mg (9.31%), Vitamin B6: 0.15mg (7.45%), Fiber: 1.77g (7.1%), Potassium: 233.55mg (6.67%), Vitamin B2: 0.11mg (6.64%), Magnesium: 25.97mg (6.49%), Folate: 25.72µg (6.43%), Copper: 0.12mg (5.96%), Calcium: 56.75mg (5.67%), Zinc: 0.75mg (4.98%), Vitamin E: 0.69mg (4.58%), Iron: 0.82mg (4.55%), Vitamin B1: 0.06mg (4.3%), Vitamin B3: 0.84mg (4.19%), Vitamin B5: 0.29mg (2.91%), Vitamin B12: 0.12µg (2%)