



Lemony Orzo-Veggie Salad with Chicken

READY IN



20 min.

SERVINGS



4

CALORIES



230 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup bell pepper red
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 cup chicken breast shredded boneless skinless
- ☐ 0.5 cup cucumber diced english
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 0.5 teaspoon garlic minced
- ☐ 2 ounces goat cheese crumbled
- ☐ 0.3 cup spring onion thinly sliced
- ☐ 0.3 teaspoon honey

- ☐ 0.5 teaspoon kosher salt
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.3 teaspoon lemon zest grated
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 0.8 cup orzo pasta uncooked

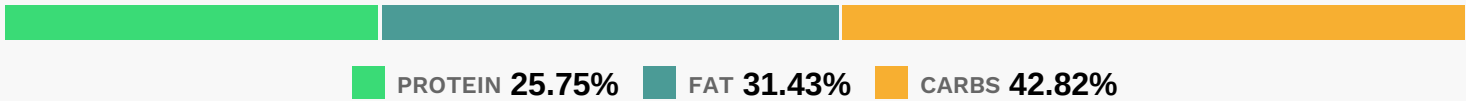
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook orzo according to package directions, omitting salt and fat.
- ☐ Drain and rinse with cold water; drain and place in a large bowl.
- ☐ While orzo cooks, combine lemon rind and next 6 ingredients (through black pepper), stirring well with a whisk.
- ☐ Drizzle juice mixture over orzo; toss to coat.
- ☐ Add chicken and next 4 ingredients (through dill); toss gently to combine.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:58.82, Glycemic Load:9.03, Inflammation Score:-7, Nutrition Score:12.4886957407%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 229.54kcal (11.48%), Fat: 8g (12.31%), Saturated Fat: 2.86g (17.9%), Carbohydrates: 24.54g (8.18%), Net Carbohydrates: 22.89g (8.32%), Sugar: 2.72g (3.03%), Cholesterol: 30.52mg (10.17%), Sodium: 390.72mg (16.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.75g (29.5%), Selenium: 30.35µg (43.36%), Vitamin C: 30.94mg (37.5%), Vitamin B3: 4.71mg (23.53%), Vitamin K: 22.87µg (21.78%), Vitamin B6: 0.43mg (21.56%), Phosphorus: 180.91mg (18.09%), Manganese: 0.34mg (17.01%), Vitamin A: 846.39IU (16.93%), Copper: 0.22mg (10.75%), Vitamin B5: 0.87mg (8.7%), Potassium: 301.75mg (8.62%), Magnesium: 33.48mg (8.37%), Vitamin B2: 0.14mg (8.11%), Vitamin E: 0.99mg (6.63%), Fiber: 1.65g (6.59%), Folate: 25.52µg (6.38%), Iron: 1.07mg (5.92%), Zinc: 0.86mg (5.75%), Vitamin B1: 0.08mg (5.4%), Calcium: 39.26mg (3.93%), Vitamin B12: 0.1µg (1.7%)