



Mediterranean Chicken and Orzo Salad In Red Pepper Cups

READY IN



61 min.

SERVINGS



4

CALORIES



484 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup olives black cut in half lengthwise
- ☐ 1 grilled chicken breast half diced
- ☐ 1 teaspoon dijon mustard
- ☐ 0.8 teaspoon basil dried
- ☐ 2 ounces feta cheese crumbled
- ☐ 0.8 teaspoon garlic powder
- ☐ 0.5 cup grape tomatoes cut in half
- ☐ 0.3 teaspoon ground pepper black

- ☐ 0.3 cup olive oil
- ☐ 0.8 teaspoon onion powder
- ☐ 0.8 teaspoon oregano dried
- ☐ 4 sprigs oregano fresh
- ☐ 0.5 pound orzo pasta uncooked
- ☐ 2 bell peppers red seeded cut in half lengthwise and
- ☐ 0.3 cup red wine vinegar
- ☐ 0.5 teaspoon salt

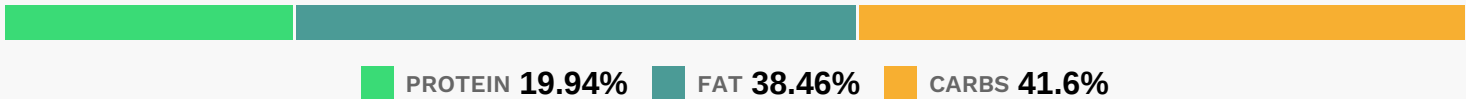
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ colander

Directions

- ☐ Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the orzo, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes.
- ☐ Drain well in a colander set in the sink, transfer to a bowl, and let cool in the refrigerator.
- ☐ In a small bowl, whisk together the olive oil, red wine vinegar, Dijon mustard, garlic powder, oregano, basil, onion powder, salt, and pepper. In a large bowl, stir together the cooked orzo, tomatoes, olives, feta cheese, and chicken breast meat until thoroughly combined.
- ☐ Pour the dressing over the orzo mixture, lightly mix to coat all ingredients with dressing, and spoon into the red pepper halves.
- ☐ Garnish each serving with an oregano sprig.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:18.18, Inflammation Score:-10, Nutrition Score:24.765217312004%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 484kcal (24.2%), Fat: 20.61g (31.71%), Saturated Fat: 4.6g (28.74%), Carbohydrates: 50.16g (16.72%), Net Carbohydrates: 45.32g (16.48%), Sugar: 4.71g (5.23%), Cholesterol: 49.17mg (16.39%), Sodium: 639.42mg (27.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.05g (48.1%), Vitamin C: 78.97mg (95.72%), Selenium: 50.7µg (72.42%), Vitamin A: 2163.46IU (43.27%), Manganese: 0.8mg (39.87%), Vitamin B3: 7.85mg (39.24%), Vitamin B6: 0.63mg (31.49%), Vitamin K: 31.29µg (29.8%), Phosphorus: 283.95mg (28.4%), Vitamin E: 3.97mg (26.5%), Fiber: 4.84g (19.36%), Magnesium: 65.55mg (16.39%), Iron: 2.91mg (16.18%), Vitamin B2: 0.27mg (16.14%), Calcium: 145.52mg (14.55%), Potassium: 475.3mg (13.58%), Folate: 53.7µg (13.43%), Zinc: 1.95mg (12.98%), Copper: 0.25mg (12.48%), Vitamin B5: 1.04mg (10.39%), Vitamin B1: 0.15mg (10.32%), Vitamin B12: 0.39µg (6.43%)