



Mediterranean Orzo

READY IN



15 min.

SERVINGS



6

CALORIES



433 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

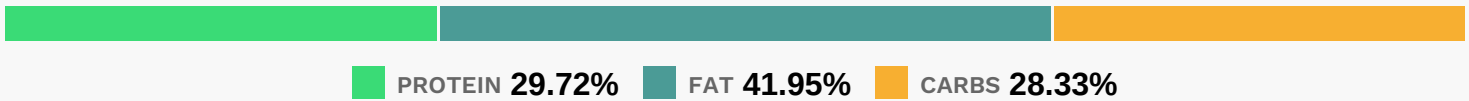
- ☐ 8 oz feta cheese with basil and tomato, crumbled
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest
- ☐ 2 tablespoons olive oil
- ☐ 8 ounces orzo pasta uncooked
- ☐ 6 servings grilled ratatouille

Equipment

Directions

- ☐
- Prepare orzo pasta according to package directions. Stir in olives, parsley, olive oil, lemon zest, and lemon juice.
- ☐
- Transfer to a serving platter. Spoon warm Grilled Ratatouille over orzo mixture; sprinkle with feta cheese.

Nutrition Facts



Properties

Glycemic Index:16.83, Glycemic Load:11.77, Inflammation Score:-5, Nutrition Score:18.217391293982%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 433.11kcal (21.66%), Fat: 19.88g (30.59%), Saturated Fat: 7.43g (46.45%), Carbohydrates: 30.21g (10.07%), Net Carbohydrates: 28.71g (10.44%), Sugar: 1.11g (1.23%), Cholesterol: 97.39mg (32.46%), Sodium: 586.2mg (25.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.7g (63.39%), Selenium: 50.53µg (72.18%), Vitamin K: 44.61µg (42.48%), Vitamin B3: 7.76mg (38.82%), Phosphorus: 363.85mg (36.39%), Vitamin B6: 0.57mg (28.37%), Vitamin B2: 0.47mg (27.64%), Calcium: 211.23mg (21.12%), Zinc: 2.94mg (19.63%), Manganese: 0.38mg (18.79%), Vitamin B12: 0.89µg (14.76%), Vitamin B5: 1.37mg (13.69%), Magnesium: 47.06mg (11.76%), Iron: 1.98mg (10.98%), Vitamin B1: 0.15mg (9.92%), Potassium: 320.62mg (9.16%), Copper: 0.18mg (9.03%), Vitamin A: 427.25IU (8.55%), Folate: 27.47µg (6.87%), Vitamin E: 1.02mg (6.78%), Fiber: 1.5g (6%), Vitamin C: 4.18mg (5.07%), Vitamin D: 0.15µg (1.01%)