






 **37%**  
HEALTH SCORE

## Mediterranean Orzo Salad

READY IN  
  
**45 min.**

SERVINGS  
  
**10**

CALORIES  
  
**402 kcal**

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 pound orzo pasta
- 10 servings kosher salt
- 0.5 cup pinenuts
- 8 tablespoons olive oil extra virgin
- 4 spring onion chopped
- 0.5 cup flat parsley italian chopped
- 1 optional: lemon
- 1 cucumber diced
- 1 bell pepper green chopped

- 1 pint cherry tomatoes
- 0.5 onion red finely chopped
- 12 pepperoncini peppers sliced
- 12 pepperoncini peppers sliced
- 1.5 cups feta cheese crumbled
- 4 tablespoons red wine vinegar

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- pot

## Directions

- Bring a pot of water to a rapid boil. Generously salt water and cook orzo until tender, approximately 7–9 minutes.
- Drain and set aside.
- While orzo is cooking, spread pine nuts on a baking sheet and toast lightly in oven on 400 degrees.
- Remove from oven and set aside.
- Heat two tablespoons of EVOO on medium heat in a non-stick pan.
- Saute chopped green onions for approximately 2 minutes.
- Add parsley, lemon juice, lemon zest, toasted pine nuts and cooked orzo.
- Saute for 3–4 minutes for flavors to combine and absorb into the orzo.
- Remove from heat.
- In a large bowl, combine cucumber, green bell pepper, cherry tomatoes, red onion and pepperoncinis to orzo mixture.
- Additionally add crumbled feta cheese, red wine vinegar and remaining six tablespoons of EVOO.

Mix well. Can be refrigerated or served immediately.

## Nutrition Facts

**PROTEIN 11.26%** **FAT 47.59%** **CARBS 41.15%**

### Properties

Glycemic Index:21.05, Glycemic Load:14.35, Inflammation Score:-7, Nutrition Score:20.815217391304%

### Flavonoids

Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

### Taste

Sweetness: 65.67%, Saltiness: 32.79%, Sourness: 100%, Bitterness: 58.71%, Savoriness: 54.82%, Fattiness: 91.36%, Spiciness: 100%

### Nutrients (% of daily need)

Calories: 402.41kcal (20.12%), Fat: 21.64g (33.29%), Saturated Fat: 5.04g (31.47%), Carbohydrates: 42.09g (14.03%), Net Carbohydrates: 38.21g (13.89%), Sugar: 4.44g (4.93%), Cholesterol: 20.02mg (6.68%), Sodium: 466.02mg (20.26%), Protein: 11.52g (23.04%), Vitamin K: 76.63µg (72.99%), Vitamin C: 52.27mg (63.36%), Manganese: 1.15mg (57.63%), Selenium: 32.53µg (46.47%), Phosphorus: 237.29mg (23.73%), Vitamin E: 2.88mg (19.22%), Vitamin B6: 0.35mg (17.6%), Copper: 0.33mg (16.5%), Vitamin B2: 0.28mg (16.3%), Magnesium: 62.51mg (15.63%), Vitamin A: 778.58IU (15.57%), Fiber: 3.88g (15.52%), Calcium: 147.75mg (14.77%), Zinc: 1.98mg (13.23%), Potassium: 436.91mg (12.48%), Folate: 46.03µg (11.51%), Iron: 2.07mg (11.51%), Vitamin B1: 0.16mg (10.98%), Vitamin B3: 1.99mg (9.95%), Vitamin B5: 0.69mg (6.86%), Vitamin B12: 0.38µg (6.34%)