



Mediterranean Orzo Salad with Feta Vinaigrette

READY IN



45 min.

SERVINGS



4

CALORIES



294 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups baby spinach chopped
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 ounces feta cheese divided crumbled
- ☐ 3 tablespoons kalamata olives pitted chopped
- ☐ 6 ounce marinated artichoke undrained
- ☐ 1 cup orzo pasta (rice-shaped uncooked)
- ☐ 3 tablespoons onion red chopped
- ☐ 0.3 teaspoon salt

☐ 0.5 cup sun-dried olives drained chopped

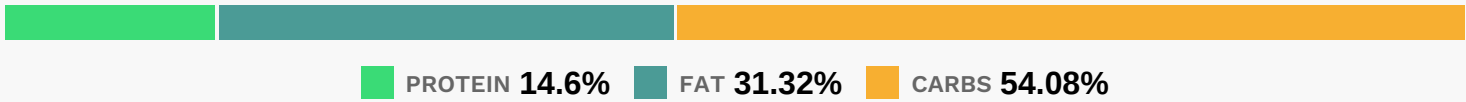
Equipment

☐ bowl

Directions

- ☐ Cook the orzo according to package directions, omitting salt and fat.
- ☐ Drain; rinse with cold water.
- ☐ Combine orzo, spinach, and next 5 ingredients (through salt) in a large bowl.
- ☐ Drain artichokes, reserving marinade. Coarsely chop artichokes, and add artichokes, reserved marinade, and 1/2 cup feta cheese to orzo mixture, tossing gently to coat.
- ☐ Sprinkle each serving with remaining feta cheese.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:13.53, Inflammation Score:-9, Nutrition Score:18.75391295941%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 293.5kcal (14.67%), Fat: 10.37g (15.95%), Saturated Fat: 3.55g (22.21%), Carbohydrates: 40.26g (13.42%), Net Carbohydrates: 35.8g (13.02%), Sugar: 7.01g (7.79%), Cholesterol: 18.92mg (6.31%), Sodium: 672.09mg (29.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.87g (21.74%), Vitamin K: 79.31µg (75.53%), Vitamin A: 2066.79IU (41.34%), Selenium: 27.9µg (39.86%), Manganese: 0.78mg (39.01%), Vitamin C: 19.09mg (23.14%), Phosphorus: 201.64mg (20.16%), Potassium: 668.96mg (19.11%), Fiber: 4.46g (17.84%), Vitamin B2: 0.3mg (17.67%), Copper: 0.34mg (17.17%), Magnesium: 64.28mg (16.07%), Calcium: 157.22mg (15.72%), Iron: 2.66mg (14.77%), Folate: 53.65µg (13.41%), Vitamin B6: 0.23mg (11.49%), Vitamin B3: 2.23mg (11.13%), Vitamin B1: 0.16mg (10.38%), Zinc: 1.51mg (10.08%), Vitamin B5: 0.68mg (6.78%), Vitamin B12: 0.36µg (5.99%), Vitamin E: 0.62mg (4.12%)