



WHATSheATE



Mediterranean Orzo with White Beans and Calamari

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



389 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup basil chiffonade plus more for garnish very thin cut into ribbons)
- ☐ 0.3 cup basil-infused olive oil
- ☐ 1 pound calamari cleaned cut into ¼ inch rings
- ☐ 0.3 cup juice of lemon
- ☐ 1 lemon zest
- ☐ 0.3 cup olive oil extra-virgin plus more for calamari pan
- ☐ 0.3 cup oregano

- ☐ 1 pound orzo pasta
- ☐ 0.3 cup parsley roughly chopped
- ☐ 8 servings salt and pepper

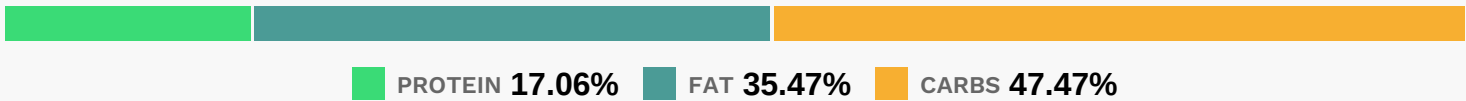
Equipment

- ☐ frying pan
- ☐ mixing bowl

Directions

- ☐ Prepare orzo according to package directions, drain, place in a large mixing bowl, and stir in ¼ cup extra virgin olive oil to prevent sticking. Set aside.In a large non-stick saute pan, saute calamari rings with a scant amount of oil, about 1 minute or just until opaque. Season with salt & pepper. Repeat with body portions, sauteeing about 2 minutes or just until opaque. Set aside.
- ☐ Add the white beans, herbs, lemon juice and zest, basil-infused olive oil, and calamari to the orzo, and fold gently to combine. Season with Salt and pepper.
- ☐ Serve chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:18.63, Glycemic Load:17.06, Inflammation Score:-9, Nutrition Score:18.002608630968%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 388.71kcal (19.44%), Fat: 15.24g (23.45%), Saturated Fat: 2.25g (14.08%), Carbohydrates: 45.9g (15.3%), Net Carbohydrates: 43.27g (15.74%), Sugar: 1.82g (2.02%), Cholesterol: 132.11mg (44.04%), Sodium: 223.99mg (9.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.49g (32.98%), Selenium: 61.32µg (87.6%), Copper: 1.25mg (62.64%), Vitamin K: 51.37µg (48.93%), Manganese: 0.63mg (31.38%), Phosphorus: 236.89mg (23.69%), Vitamin E: 2.99mg (19.96%), Vitamin B2: 0.28mg (16.45%), Magnesium: 54.8mg (13.7%), Vitamin B12: 0.74µg (12.28%), Zinc: 1.74mg (11.6%), Vitamin B3: 2.31mg (11.55%), Vitamin C: 9.25mg (11.21%), Iron: 1.9mg (10.58%), Fiber: 2.63g (10.51%), Potassium: 306.65mg (8.76%), Vitamin B6: 0.14mg (6.78%), Calcium: 59.64mg (5.96%), Vitamin B5: 0.56mg (5.63%), Folate: 21.58µg (5.39%), Vitamin A: 242.57IU (4.85%), Vitamin B1: 0.07mg (4.61%)