



Minted Squash Orzo

READY IN



35 min.

SERVINGS



4

CALORIES



350 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 ounces feta cheese crumbled
- 0.5 cup mint leaves fresh plus more for garnish chopped
- 4 servings kosher salt and freshly cracked pepper black
- 0.3 cup garlic olive oil divided flavored
- 1 cup orzo pasta dried
- 1 large baby squash yellow sliced quartered

Equipment

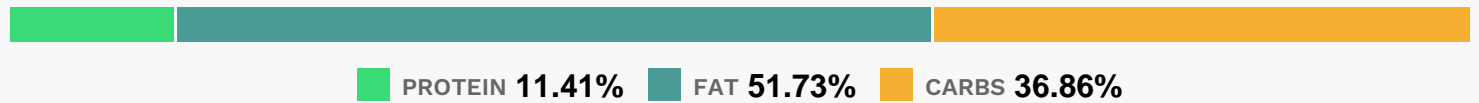
- frying pan

- pot
- colander

Directions

- Bring a large pot of heavily salted water to a boil over medium heat. Stir in the orzo and cook for 8 minutes; pasta will be slightly undercooked. Reserve 1/2 cup of the cooking water, then drain the orzo in a colander in the sink.
- Heat 2 tablespoons oil in a large skillet over medium-high heat.
- Add the squash, season with salt and pepper, to taste, and cook, stirring occasionally, until beginning to brown and soften, about 4 minutes. Reduce the heat to medium-low, and add the cooked orzo and cooking water. Bring to a simmer and stir in 3/4 of the feta; season with salt and pepper. Cook until the water is absorbed, about 2 minutes.
- Remove from the heat and stir in the remaining 2 tablespoons oil and mint.
- Transfer to a serving platter and sprinkle the remaining feta over the top and garnish with additional chopped mint.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:12.13, Inflammation Score:-6, Nutrition Score:13.024347813233%

Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg

Nutrients (% of daily need)

Calories: 350.45kcal (17.52%), Fat: 20.36g (31.32%), Saturated Fat: 5.79g (36.17%), Carbohydrates: 32.64g (10.88%), Net Carbohydrates: 30.11g (10.95%), Sugar: 2.78g (3.09%), Cholesterol: 25.23mg (8.41%), Sodium: 522.85mg (22.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.1g (20.21%), Selenium: 28.11µg (40.16%), Manganese: 0.56mg (27.99%), Vitamin B2: 0.39mg (23.02%), Phosphorus: 201.2mg (20.12%), Vitamin C: 15.52mg (18.81%), Vitamin B6: 0.36mg (17.84%), Calcium: 173.67mg (17.37%), Vitamin E: 2.13mg (14.22%), Folate: 45.65µg (11.41%), Zinc: 1.64mg (10.95%), Magnesium: 43.49mg (10.87%), Vitamin K: 11.1µg (10.57%), Vitamin A: 520.09IU (10.4%), Fiber: 2.54g (10.15%), Potassium: 344.95mg (9.86%), Copper: 0.18mg (8.86%), Vitamin B1: 0.12mg (8.05%), Vitamin B12:

0.48µg (7.99%), Iron: 1.32mg (7.32%), Vitamin B3: 1.41mg (7.04%), Vitamin B5: 0.58mg (5.8%)