




Minted Squash-Orzo Salad


 Popular

READY IN




30 min.

SERVINGS



8

CALORIES



238 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.3 cups feta cheese crumbled
- 0.8 cup mint leaves fresh plus more for topping chopped
- 8 servings kosher salt
- 4 tablespoons olive oil
- 1.5 cups orzo pasta
- 8 servings pepper freshly ground
- 1 large to 3 sized squashes yellow thinly sliced quartered

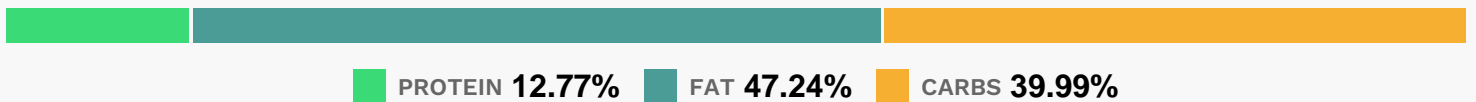
Equipment

- bowl
- 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 as the label directs.
- Drain in a colander and rinse under cold water until cool.
- Drain, shake off the excess water and transfer to a large bowl.
- Meanwhile, heat 2 tablespoons garlic olive oil in a large skillet over medium-high heat.
- Add the squash, season with salt and pepper and cook, stirring occasionally, until it begins to brown, about 4 minutes.
- Remove from the heat and cool to room temperature.
- Add the squash to the bowl with the orzo. Stir in three-quarters of the feta, the mint, the remaining 2 tablespoons garlic olive oil, and salt and pepper to taste. Top with the remaining feta and more mint.
- Photograph by Yunhee Kim

Nutrition Facts



Properties

Glycemic Index:16.63, Glycemic Load:8.99, Inflammation Score:-4, Nutrition Score:9.0099999956463%

Flavonoids

Eriodictyol: 1.3mg, Eriodictyol: 1.3mg, Eriodictyol: 1.3mg, Eriodictyol: 1.3mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg

Nutrients (% of daily need)

Calories: 238kcal (11.9%), Fat: 12.58g (19.35%), Saturated Fat: 4.19g (26.19%), Carbohydrates: 23.95g (7.98%), Net Carbohydrates: 22.25g (8.09%), Sugar: 1.64g (1.82%), Cholesterol: 20.86mg (6.95%), Sodium: 464.94mg (20.21%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.65g (15.31%), Selenium: 21.38µg (30.54%), Manganese: 0.4mg (19.9%), Vitamin B2: 0.28mg (16.67%), Phosphorus: 150.72mg (15.07%), Calcium: 138.39mg (13.84%), Vitamin B6: 0.23mg (11.65%), Vitamin C: 8.21mg (9.95%), Zinc: 1.24mg (8.25%), Vitamin E: 1.13mg (7.54%), Magnesium: 29.77mg (7.44%), Folate: 29.1µg (7.27%), Vitamin A: 359.42IU (7.19%), Fiber: 1.71g (6.83%), Vitamin B12: 0.4µg (6.6%), Copper: 0.12mg (6.24%), Potassium: 208.48mg (5.96%), Vitamin K: 6.04µg (5.75%), Vitamin B1: 0.08mg (5.62%), Iron: 0.92mg (5.13%), Vitamin B3: 0.98mg (4.9%), Vitamin B5: 0.43mg (4.26%)