



## Mozzarella-And-Olive Orzo

READY IN



45 min.

SERVINGS



10

CALORIES



379 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons butter
- 28 ounce canned tomatoes drained canned
- 2 cups celery chopped
- 1 cup chicken broth
- 1 teaspoon basil dried crushed
- 2 tablespoons flour all-purpose
- 12 ounce block mozzarella cheese
- 2 tablespoons olive oil
- 4.5 ounce olives ripe drained sliced canned

- 1.5 cups onion chopped
- 16 ounces orzo pasta uncooked
- 0.5 teaspoon pepper dried red crushed
- 0.3 teaspoon salt

## Equipment

- bowl
- sauce pan
- oven
- baking pan

## Directions

- Cut 4 ounces mozzarella into thin strips; cut remaining cheese into cubes. Set aside.
- Cook orzo in a large saucepan according to package directions; drain and transfer to a large bowl.
- Melt butter with oil in saucepan over medium heat; add onion, and saut until tender.
- Add celery, and saut 5 minutes.
- Stir in flour, and saut 3 minutes; stir in broth and next 3 ingredients. Cook, stirring constantly, 5 minutes. Stir tomato mixture, cheese cubes, olives, and salt into orzo; spoon into a lightly greased shallow 3-quart baking dish. Arrange cheese strips on top.
- Bake at 350 for 45 minutes or until slightly crisp.

## Nutrition Facts



PROTEIN 16.31% FAT 36.7% CARBS 46.99%

## Properties

Glycemic Index:24.1, Glycemic Load:16.85, Inflammation Score:-7, Nutrition Score:14.955652369105%

## Flavonoids

Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin:

1.2mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg

## **Nutrients (% of daily need)**

Calories: 378.94kcal (18.95%), Fat: 15.66g (24.09%), Saturated Fat: 5.77g (36.08%), Carbohydrates: 45.1g (15.03%), Net Carbohydrates: 40.88g (14.86%), Sugar: 6.53g (7.25%), Cholesterol: 27.35mg (9.12%), Sodium: 710.46mg (30.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.66g (31.32%), Selenium: 35.87µg (51.24%), Manganese: 0.66mg (32.79%), Phosphorus: 247.66mg (24.77%), Calcium: 233.19mg (23.32%), Fiber: 4.22g (16.9%), Copper: 0.32mg (16.03%), Vitamin E: 2.2mg (14.68%), Vitamin K: 14.74µg (14.04%), Magnesium: 54.26mg (13.56%), Vitamin A: 672.97IU (13.46%), Potassium: 464.13mg (13.26%), Zinc: 1.96mg (13.05%), Vitamin B12: 0.78µg (13.05%), Vitamin B6: 0.25mg (12.41%), Vitamin B2: 0.21mg (12.24%), Iron: 2.13mg (11.86%), Vitamin C: 9.71mg (11.77%), Vitamin B3: 2.06mg (10.28%), Vitamin B1: 0.15mg (9.72%), Folate: 36.19µg (9.05%), Vitamin B5: 0.56mg (5.59%)