



Mushroom and Zucchini Orzo

READY IN



18 min.

SERVINGS



4

CALORIES



176 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon butter
- 1 cup mushrooms sliced
- 0.5 teaspoon oregano dried
- 1 cup orzo pasta) (rice-shaped uncooked
- 0.3 teaspoon salt
- 1 cup zucchini diced

Equipment

- bowl
- frying pan

Directions

- Cook orzo according to package directions, omitting salt and fat.
- Drain and keep warm.
- While orzo cooks, heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add mushrooms and zucchini; saut 6 minutes or until tender and browned.
- Combine orzo, mushroom mixture, and remaining ingredients in a large bowl, tossing gently.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:11.55, Inflammation Score:-5, Nutrition Score:7.292608709439%

Flavonoids

Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 175.75kcal (8.79%), Fat: 3.6g (5.54%), Saturated Fat: 1.95g (12.17%), Carbohydrates: 30g (10%), Net Carbohydrates: 28.11g (10.22%), Sugar: 2.26g (2.52%), Cholesterol: 7.53mg (2.51%), Sodium: 173.87mg (7.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.14%), Selenium: 26.05µg (37.21%), Manganese: 0.44mg (21.94%), Phosphorus: 104.7mg (10.47%), Copper: 0.2mg (10.22%), Vitamin B2: 0.15mg (8.87%), Vitamin B3: 1.66mg (8.29%), Fiber: 1.89g (7.55%), Vitamin C: 6.06mg (7.34%), Magnesium: 28.58mg (7.14%), Potassium: 246.54mg (7.04%), Vitamin B6: 0.13mg (6.59%), Vitamin B5: 0.59mg (5.92%), Zinc: 0.76mg (5.1%), Folate: 18.99µg (4.75%), Iron: 0.83mg (4.6%), Vitamin B1: 0.07mg (4.53%), Vitamin K: 3.37µg (3.21%), Vitamin A: 154.4IU (3.09%), Calcium: 19.03mg (1.9%), Vitamin E: 0.21mg (1.39%)