



Orange-Basil Orzo Pilaf

READY IN



24 min.

SERVINGS



10

CALORIES



157 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 1.3 cups carrots diced finely (2 medium)
- ☐ 0.8 cup celery diced finely (2 stalks)
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.8 cup onion diced finely (1 small)
- ☐ 2 tablespoons orange juice fresh
- ☐ 2 teaspoons orange rind fresh grated

- ☐ 12 ounces orzo pasta uncooked
- ☐ 0.5 teaspoon salt
- ☐ 32 ounce carton fat-free

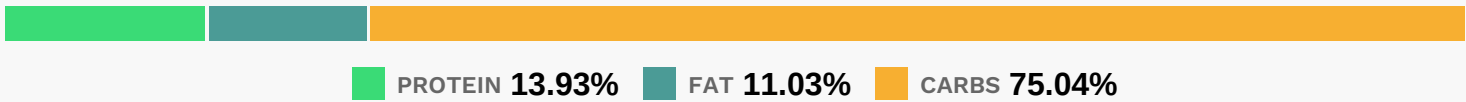
Equipment

- ☐ frying pan

Directions

- ☐ Place broth in a medium sauce-pan; bring broth to a boil.
- ☐ Add orzo; reduce heat, and simmer 9 minutes or until tender.
- ☐ Drain.
- ☐ While orzo cooks, melt butter in a large nonstick skillet over medium heat.
- ☐ Add carrot and next 3 ingredients; saut 5 to 7 minutes or until tender.
- ☐ Add cooked orzo, basil, and remaining ingredients; stir well to combine.

Nutrition Facts



Properties

Glycemic Index:38.18, Glycemic Load:11.25, Inflammation Score:-9, Nutrition Score:8.4321739453336%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 157.19kcal (7.86%), Fat: 1.92g (2.95%), Saturated Fat: 0.84g (5.26%), Carbohydrates: 29.38g (9.79%), Net Carbohydrates: 27.44g (9.98%), Sugar: 2.96g (3.29%), Cholesterol: 4.82mg (1.61%), Sodium: 481.64mg (20.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.45g (10.91%), Vitamin A: 2784.47IU (55.69%), Selenium:

22.08µg (31.54%), Manganese: 0.42mg (21.2%), Phosphorus: 81.15mg (8.12%), Fiber: 1.95g (7.78%), Vitamin K: 7.1µg (6.76%), Copper: 0.13mg (6.66%), Magnesium: 24mg (6%), Vitamin C: 4.61mg (5.58%), Potassium: 193.46mg (5.53%), Vitamin B2: 0.09mg (5.52%), Vitamin B6: 0.1mg (5.05%), Vitamin B3: 1mg (5%), Vitamin B1: 0.07mg (4.83%), Zinc: 0.63mg (4.19%), Folate: 15.79µg (3.95%), Iron: 0.64mg (3.55%), Calcium: 25.64mg (2.56%), Vitamin B5: 0.25mg (2.47%), Vitamin E: 0.24mg (1.62%)