



Orzo and Arugula Salad

READY IN



30 min.

SERVINGS



8

CALORIES



438 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup almonds sliced
- 1 cup arugula
- 0.5 cup canola oil
- 2 tablespoons dijon mustard
- 0.5 teaspoon basil dried
- 1 cup cranberries dried
- 1 cup regular corn frozen
- 2 teaspoons garlic minced
- 1 bunch green onions sliced

- 8 servings salt and ground pepper black to taste
- 2 tablespoons juice of lemon
- 0.5 cup olive oil
- 16 ounce orzo pasta whole-wheat
- 0.5 cup parmesan cheese shredded
- 1 bell pepper diced red
- 0.3 cup balsamic vinegar white
- 1 teaspoon sugar white

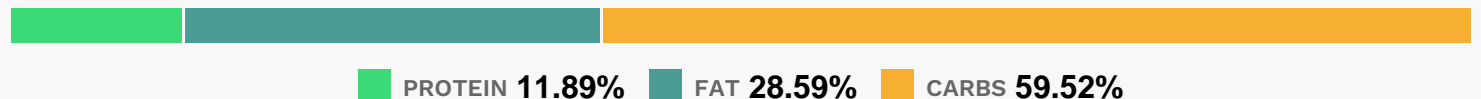
Equipment

- bowl
- whisk
- pot

Directions

- Bring a large pot of lightly salted water to a boil. Cook orzo in the boiling water, stirring occasionally until cooked through but firm to the bite, about 12 minutes.
- Drain.
- Combine orzo, green onions, corn, cranberries, red bell pepper, almonds, basil, arugula, Parmesan cheese, salt, and ground black pepper in a large bowl; set aside.
- Whisk together balsamic vinegar, lemon juice, Dijon mustard, garlic, sugar, basil, canola oil, olive oil, salt, and ground black pepper to taste.
- Drizzle over orzo salad and toss to coat.

Nutrition Facts



Properties

Glycemic Index:48.64, Glycemic Load:18.78, Inflammation Score:-7, Nutrition Score:16.180000241036%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 438.29kcal (21.91%), Fat: 14.25g (21.92%), Saturated Fat: 2.26g (14.14%), Carbohydrates: 66.73g (22.24%), Net Carbohydrates: 61.43g (22.34%), Sugar: 16.05g (17.84%), Cholesterol: 4.25mg (1.42%), Sodium: 151.17mg (6.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.33g (26.66%), Selenium: 39.4µg (56.29%), Manganese: 0.95mg (47.38%), Vitamin E: 4.51mg (30.04%), Vitamin C: 23.2mg (28.12%), Phosphorus: 239.13mg (23.91%), Fiber: 5.3g (21.2%), Magnesium: 78.72mg (19.68%), Copper: 0.32mg (16.12%), Vitamin K: 15.9µg (15.15%), Vitamin B2: 0.23mg (13.55%), Calcium: 134.92mg (13.49%), Vitamin A: 608.69IU (12.17%), Zinc: 1.6mg (10.66%), Vitamin B6: 0.21mg (10.32%), Potassium: 360.84mg (10.31%), Vitamin B3: 2.03mg (10.15%), Iron: 1.79mg (9.96%), Folate: 36.39µg (9.1%), Vitamin B1: 0.12mg (8.05%), Vitamin B5: 0.5mg (5.03%), Vitamin B12: 0.08µg (1.25%)