



Orzo and Peas with Mint and Lemon Zest

READY IN



15 min.

SERVINGS



8

CALORIES



315 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 tablespoon butter
- ☐ 2 juice of lemon
- ☐ 1 pound orzo pasta dried
- ☐ 1 pound peas frozen
- ☐ 3 shallots minced

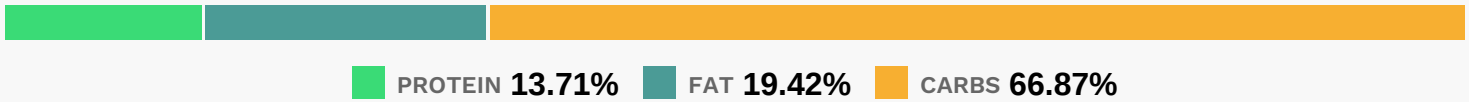
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Add the frozen peas to a large serving bowl
- ☐ Cook the orzo to package instructions.Melt the butter in a small saute pan set over medium heat.
- ☐ Add the shallots to the pan and saute until translucent. remove the pan from the heat and stir in ½ of the lemon zest until well coated.
- ☐ Add the lemon juice to the peas along with the shallot and lemon mixture.When the pasta is al dent drain it and pour it over the peas. This will cook the peas.
- ☐ Add the mint to the bowl and season to taste with salt and pepper.
- ☐ Garnish the pasta with the remaining lemon zest.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:20.79, Glycemic Load:19.59, Inflammation Score:-6, Nutrition Score:13.400434533539%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 314.87kcal (15.74%), Fat: 6.79g (10.44%), Saturated Fat: 3.8g (23.75%), Carbohydrates: 52.6g (17.53%), Net Carbohydrates: 47.23g (17.17%), Sugar: 5.66g (6.29%), Cholesterol: 15.05mg (5.02%), Sodium: 52.45mg (2.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.79g (21.57%), Selenium: 37.04µg (52.92%), Manganese: 0.78mg (39.03%), Vitamin C: 26.33mg (31.92%), Fiber: 5.37g (21.47%), Phosphorus: 176.3mg (17.63%), Vitamin K: 14.68µg (13.98%), Vitamin B1: 0.21mg (13.97%), Copper: 0.27mg (13.66%), Folate: 51.96µg (12.99%), Magnesium: 51.32mg (12.83%), Vitamin A: 609.5IU (12.19%), Vitamin B3: 2.18mg (10.89%), Vitamin B6: 0.21mg (10.62%), Zinc: 1.55mg (10.33%), Iron: 1.69mg (9.39%), Potassium: 305.5mg (8.73%), Vitamin B2: 0.11mg (6.72%), Vitamin B5: 0.35mg (3.48%), Calcium: 31.68mg (3.17%), Vitamin E: 0.31mg (2.09%)