



Orzo-and-Portobello Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



370 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons balsamic vinegar
- 2 tablespoons teaspoons basil dried fresh minced
- 4 cups orzo pasta rice-shaped cooked uncooked (2 cups pasta)
- 2 cups fennel bulb thinly sliced (1 large)
- 2 garlic cloves minced
- 2 cups leek sliced
- 1 cup mushrooms quartered
- 1 tablespoon olive oil
- 1 teaspoon paprika

- 0.3 cup parmesan cheese fresh grated
- 0.1 teaspoon pepper
- 2 cups portobello mushroom caps diced
- 4 ounces sharp provolone cheese shredded
- 0.3 cup sun-dried tomatoes packed chopped
- 2 cups sacramento tomato juice
- 0.3 cup water boiling

Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 400
- Combine tomatoes and boiling water in a small bowl; cover and let stand 10 minutes or until tomatoes are soft.
- Drain.
- Heat oil in a large nonstick skillet over medium heat.
- Add tomatoes, leek, mushrooms, and garlic; saute 2 minutes.
- Combine mushroom mixture, orzo, and next 6 ingredients (orzo through pepper) in a large bowl; stir well.
- Spoon mixture into a 13 x 9-inch baking dish coated with cooking spray.
- Bake at 400 for 25 minutes.
- Sprinkle with cheeses; bake an additional 5 minutes.

Nutrition Facts



Properties

Glycemic Index:78.31, Glycemic Load:21.7, Inflammation Score:-8, Nutrition Score:20.724782653477%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 370.16kcal (18.51%), Fat: 10.13g (15.58%), Saturated Fat: 4.56g (28.47%), Carbohydrates: 54.43g (18.14%), Net Carbohydrates: 49.17g (17.88%), Sugar: 9.62g (10.69%), Cholesterol: 15.87mg (5.29%), Sodium: 244.99mg (10.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.89g (33.77%), Selenium: 44.57µg (63.67%), Manganese: 0.81mg (40.64%), Vitamin K: 41µg (39.05%), Phosphorus: 299.49mg (29.95%), Vitamin C: 24.43mg (29.61%), Vitamin A: 1336.49IU (26.73%), Calcium: 252.83mg (25.28%), Copper: 0.44mg (22.22%), Potassium: 776.28mg (22.18%), Fiber: 5.26g (21.02%), Iron: 3.66mg (20.34%), Vitamin B3: 3.72mg (18.58%), Vitamin B6: 0.35mg (17.32%), Folate: 68.44µg (17.11%), Magnesium: 64.12mg (16.03%), Vitamin B2: 0.27mg (16.03%), Zinc: 1.94mg (12.93%), Vitamin B5: 1.24mg (12.38%), Vitamin B1: 0.15mg (9.76%), Vitamin E: 1.28mg (8.5%), Vitamin B12: 0.35µg (5.78%), Vitamin D: 0.23µg (1.56%)