



Orzo and Tomato Salad with Feta Cheese

READY IN



25 min.

SERVINGS



6

CALORIES



252 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup feta cheese diced
- ☐ 3 tablespoons optional: dill fresh chopped
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 0.3 cup olives green pitted
- ☐ 0.1 cup juice of lemon
- ☐ 1 cup orzo pasta uncooked
- ☐ 6 servings salt and pepper to taste
- ☐ 1 tomatoes ripe chopped
- ☐ 0.3 cup virgin olive oil

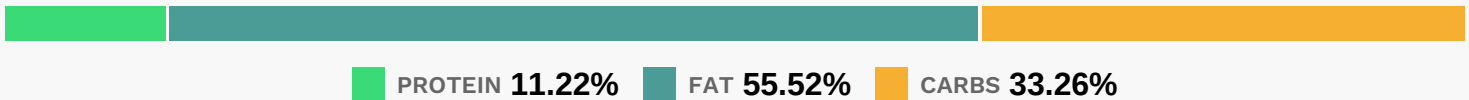
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil. Cook orzo for 8 to 10 minutes, or until al dente; drain, and rinse with cold water.
- ☐ When orzo is cool, transfer to a medium bowl and mix in olives, feta cheese, parsley, dill, and tomato. In a small bowl, whisk together oil and lemon juice.
- ☐ Pour over pasta, and mix well. Season with salt and pepper to taste. Chill before serving.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:8, Inflammation Score:-5, Nutrition Score:9.4378261229266%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 252.33kcal (12.62%), Fat: 15.68g (24.13%), Saturated Fat: 4.76g (29.76%), Carbohydrates: 21.14g (7.05%), Net Carbohydrates: 19.83g (7.21%), Sugar: 1.38g (1.54%), Cholesterol: 22.25mg (7.42%), Sodium: 570.54mg (24.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.13g (14.26%), Vitamin K: 40.39µg (38.47%), Selenium: 19.61µg (28.01%), Phosphorus: 138.34mg (13.83%), Vitamin B2: 0.23mg (13.74%), Calcium: 137.17mg (13.72%), Manganese: 0.27mg (13.32%), Vitamin E: 1.72mg (11.44%), Vitamin A: 482.59IU (9.65%), Vitamin C: 7.61mg (9.22%), Vitamin B6: 0.16mg (8.21%), Zinc: 1.14mg (7.57%), Vitamin B12: 0.42µg (7.04%), Magnesium: 22.29mg (5.57%), Fiber: 1.32g

(5.27%), Copper: 0.1mg (5.17%), Folate: 20.1µg (5.03%), Vitamin B1: 0.07mg (4.85%), Iron: 0.76mg (4.24%), Vitamin B3: 0.84mg (4.21%), Potassium: 140.12mg (4%), Vitamin B5: 0.38mg (3.84%)