



Orzo, Corn, and Roasted Bell Pepper Salad

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



162 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 ears shucked corn
- ☐ 3 tablespoons olive oil extravirgin divided
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup green onions thinly sliced
- ☐ 1 jalapeno minced
- ☐ 1 cup orzo pasta) (rice-shaped uncooked

- ☐ 2 bell peppers red
- ☐ 1 medium onion red peeled cut into 1/2-inch-thick slices
- ☐ 1 teaspoon salt
- ☐ 3 tablespoons citrus champagne vinegar

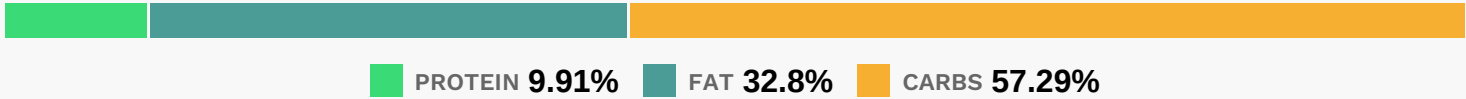
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ grill
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ Cut bell peppers in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 15 minutes. Peel and chop.
- ☐ Prepare grill to medium-high heat.
- ☐ Cook orzo according to package directions, omitting salt and fat.
- ☐ Drain.
- ☐ Place orzo in a large bowl; drizzle with 1 tablespoon oil. Cool slightly.
- ☐ Place corn and red onion on grill rack coated with cooking spray; grill 5 minutes or until lightly browned, turning occasionally.
- ☐ Cut kernels from ears of corn; chop red onion.
- ☐ Add bell pepper, corn, red onion, 2 tablespoons oil, green onions, and remaining ingredients to orzo. Toss gently to combine.

Nutrition Facts



Properties

Glycemic Index:32.38, Glycemic Load:6.42, Inflammation Score:-8, Nutrition Score:10.865652079168%

Flavonoids

Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

Nutrients (% of daily need)

Calories: 162.36kcal (8.12%), Fat: 6.12g (9.42%), Saturated Fat: 0.92g (5.73%), Carbohydrates: 24.07g (8.02%), Net Carbohydrates: 21.71g (7.89%), Sugar: 4.61g (5.12%), Cholesterol: 0mg (0%), Sodium: 300.86mg (13.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.32%), Vitamin C: 46.69mg (56.6%), Vitamin K: 42.55µg (40.52%), Vitamin A: 1203.55IU (24.07%), Selenium: 12.24µg (17.48%), Manganese: 0.31mg (15.66%), Folate: 39.2µg (9.8%), Fiber: 2.37g (9.46%), Vitamin E: 1.37mg (9.12%), Vitamin B6: 0.18mg (8.85%), Phosphorus: 81.12mg (8.11%), Magnesium: 29.74mg (7.43%), Potassium: 244.61mg (6.99%), Vitamin B3: 1.29mg (6.45%), Vitamin B1: 0.1mg (6.43%), Copper: 0.09mg (4.63%), Iron: 0.82mg (4.55%), Vitamin B5: 0.45mg (4.53%), Vitamin B2: 0.06mg (3.82%), Zinc: 0.56mg (3.74%), Calcium: 16.71mg (1.67%)