



Orzo, Feta, and Tomato Salad with Marjoram Vinaigrette

READY IN



45 min.

SERVINGS



8

CALORIES



353 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 24 ounces cherry tomatoes stemmed halved
- ☐ 4 teaspoons dijon mustard
- ☐ 1.5 cups feta cheese crumbled
- ☐ 6 teaspoons marjoram fresh finely chopped
- ☐ 3 spring onion thinly sliced
- ☐ 1 cup kalamata olives pitted quartered
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated

- ☐ 0.5 cup olive oil
- ☐ 1 pound orzo pasta

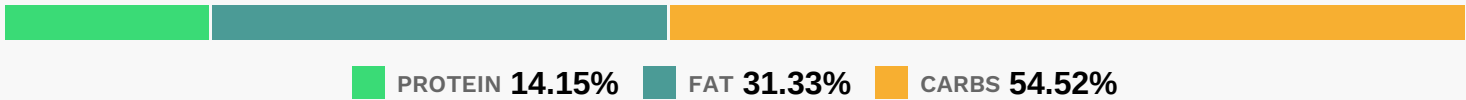
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Cook orzo in pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
- ☐ Drain. Rinse under cold water until cool.
- ☐ Drain well.
- ☐ Transfer to large bowl.
- ☐ Whisk lemon juice, 5 teaspoons marjoram, mustard, and lemon peel in small bowl.
- ☐ Whisk in olive oil. Set aside 2 tablespoons vinaigrette.
- ☐ Add remaining vinaigrette, cheese, onions, and olives to orzo; toss to coat. Season to taste with salt and pepper. Cover and let stand 2 hours to allow flavors to develop. (Can be made 1 day ahead. Cover and refrigerate salad and remaining vinaigrette separately.)
- ☐ Toss tomatoes with reserved vinaigrette. Season to taste with salt and pepper.
- ☐ Mix tomatoes into orzo.
- ☐ Sprinkle orzo with remaining 1 teaspoon marjoram and serve.

Nutrition Facts



Properties

Glycemic Index:20.63, Glycemic Load:17.39, Inflammation Score:-6, Nutrition Score:14.896521796351%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 353.32kcal (17.67%), Fat: 12.39g (19.06%), Saturated Fat: 4.64g (28.98%), Carbohydrates: 48.52g (16.17%), Net Carbohydrates: 45.28g (16.46%), Sugar: 4.07g (4.52%), Cholesterol: 25.03mg (8.34%), Sodium: 625.04mg (27.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.59g (25.18%), Selenium: 41.52µg (59.31%), Manganese: 0.64mg (31.79%), Vitamin C: 23.62mg (28.63%), Phosphorus: 231.48mg (23.15%), Vitamin B2: 0.3mg (17.53%), Calcium: 174.43mg (17.44%), Vitamin K: 15.39µg (14.66%), Vitamin B6: 0.28mg (14.03%), Copper: 0.26mg (13.2%), Vitamin A: 654.43IU (13.09%), Fiber: 3.24g (12.97%), Magnesium: 47.54mg (11.88%), Zinc: 1.77mg (11.83%), Vitamin E: 1.67mg (11.11%), Potassium: 361.24mg (10.32%), Iron: 1.72mg (9.53%), Vitamin B1: 0.14mg (9.18%), Vitamin B3: 1.78mg (8.91%), Folate: 35.49µg (8.87%), Vitamin B12: 0.48µg (7.92%), Vitamin B5: 0.65mg (6.52%)