



Orzo, Green Bean, and Fennel Salad with Dill Pesto

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



218 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup fennel bulb fresh diced
- ☐ 0.7 cup optional: dill fresh packed chopped ()
- ☐ 8 ounces green beans trimmed
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup olive oil
- ☐ 1.3 cups orzo pasta
- ☐ 2 tablespoons balsamic vinegar white

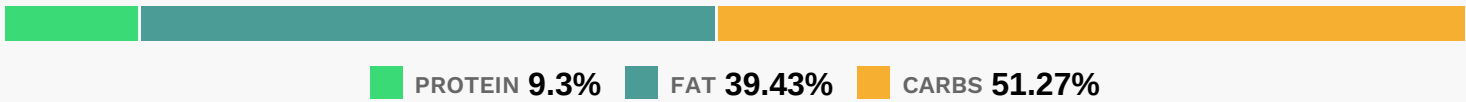
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Cook green beans in large saucepan of boiling salted water until just tender, about 5 minutes. Using slotted spoon, transfer beansto plate.
- ☐ Add orzo to same boiling water. Cook until tender, stirring occasionally; drain.
- ☐ Blend dill, oil, vinegar, and lemon juice in mini processor until almost smooth. Season dressing with salt and pepper.
- ☐ Cut beans crosswise into 1/2-inch pieces.
- ☐ Place in large bowl.
- ☐ Add orzo, cucumber, and fennel; mix in dressing. Season salad to tastewith salt and pepper.
- ☐ One serving contains the following: Calories (kcal)243.58;% Calories from Fat 36.7;Fat (g) 9.93;Saturated Fat (g)1.48;Cholesterol (mg)0.00;Carbohydrates (g)33.44;Dietary Fiber (g)3.10;Total Sugars (g)3.80;Net Carbs (g)30.34;Protein (g)6.00
- ☐ Bon Appétit
- ☐ See Nutrition Data's analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:10.82, Inflammation Score:-6, Nutrition Score:8.7278261495673%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg

2.27mg, Isorhamnetin: 2.27mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg
Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.95mg, Quercetin:
3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

Nutrients (% of daily need)

Calories: 218.08kcal (10.9%), Fat: 9.64g (14.83%), Saturated Fat: 1.36g (8.51%), Carbohydrates: 28.21g (9.4%), Net
Carbohydrates: 25.74g (9.36%), Sugar: 3.35g (3.73%), Cholesterol: 0mg (0%), Sodium: 14.42mg (0.63%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 5.12g (10.23%), Selenium: 20.06µg (28.65%), Vitamin K: 28.53µg (27.17%),
Manganese: 0.46mg (23.11%), Vitamin C: 11.32mg (13.72%), Vitamin A: 678.59IU (13.57%), Vitamin E: 1.55mg (10.35%),
Fiber: 2.47g (9.9%), Phosphorus: 83.52mg (8.35%), Magnesium: 31.52mg (7.88%), Folate: 29.37µg (7.34%), Iron:
1.31mg (7.28%), Potassium: 241.65mg (6.9%), Copper: 0.13mg (6.65%), Vitamin B6: 0.11mg (5.68%), Vitamin B3:
0.96mg (4.81%), Vitamin B2: 0.08mg (4.55%), Vitamin B1: 0.06mg (4.26%), Zinc: 0.61mg (4.04%), Calcium: 38.42mg
(3.84%), Vitamin B5: 0.27mg (2.69%)