



## Orzo-Mushroom Pilaf

READY IN



25 min.

SERVINGS



4

CALORIES



174 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 teaspoons butter
- 2 cups less-sodium chicken broth fat-free
- 1 tablespoon sage fresh minced
- 2 garlic cloves minced
- 2 teaspoons onion instant minced
- 1 cup orzo pasta) (rice-shaped uncooked
- 0.1 teaspoon pepper
- 3.2 ounce mushroom caps

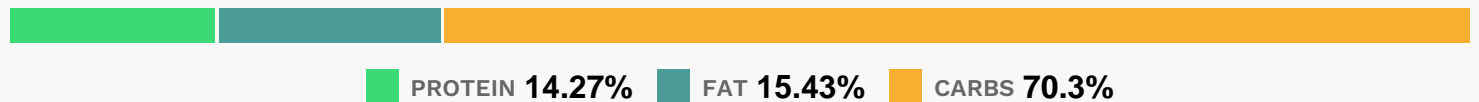
# Equipment

sauce pan

# Directions

- Discard mushroom stems, and slice caps into 1/4-inch-thick slices.
- Melt butter in a large saucepan coated with cooking spray over medium-high heat.
- Add mushrooms, onion, and garlic; saut 2 minutes. Stir in orzo and broth. Bring to a boil; reduce heat, and simmer, uncovered, 13 to 15 minutes or until orzo is tender and liquid is almost absorbed, stirring frequently. Gently stir in pepper and sage.
- Serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:53.25, Glycemic Load:11.74, Inflammation Score:-2, Nutrition Score:11.277826085039%

# Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

# Nutrients (% of daily need)

Calories: 174.27kcal (8.71%), Fat: 2.98g (4.59%), Saturated Fat: 1.43g (8.96%), Carbohydrates: 30.59g (10.2%), Net Carbohydrates: 28.65g (10.42%), Sugar: 1.77g (1.97%), Cholesterol: 5.38mg (1.79%), Sodium: 484.96mg (21.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.21g (12.42%), Copper: 4.71mg (235.74%), Selenium: 27.74µg (39.62%), Manganese: 0.59mg (29.61%), Phosphorus: 112.6mg (11.26%), Vitamin B3: 2.16mg (10.82%), Vitamin B6: 0.16mg (7.78%), Fiber: 1.94g (7.76%), Magnesium: 28.73mg (7.18%), Vitamin B5: 0.65mg (6.52%), Vitamin B2: 0.1mg (5.9%), Potassium: 201.92mg (5.77%), Zinc: 0.84mg (5.57%), Iron: 0.94mg (5.23%), Vitamin B12: 0.23µg (3.85%), Vitamin B1: 0.05mg (3.55%), Folate: 11.15µg (2.79%), Calcium: 26.52mg (2.65%), Vitamin A: 62.97IU (1.26%)