



Orzo Pasta Salad

READY IN



55 min.

SERVINGS



4

CALORIES



240 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup feta cheese crumbled
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 1 juice of lemon juiced
- ☐ 0.5 cup kalamata olives
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 cup orzo pasta uncooked
- ☐ 4 servings salt and pepper to taste
- ☐ 0.3 cup sun-dried tomatoes chopped
- ☐ 0.5 cup water boiling

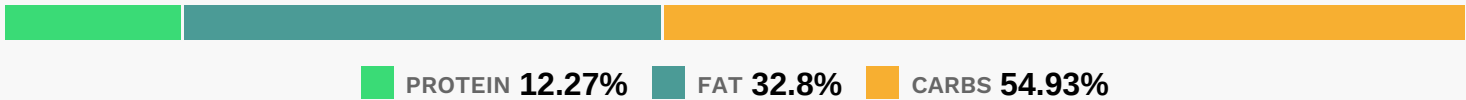
Equipment

- ☐ bowl
- ☐ pot
- ☐ colander

Directions

- ☐ Fill a pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the orzo, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes.
- ☐ Drain well in a colander set in the sink.
- ☐ Place the sun-dried tomatoes into the boiling water in a bowl, and let stand for 10 minutes to plump up.
- ☐ Drain off excess water.
- ☐ Toss the cooked orzo, sun-dried tomatoes, olive oil, lemon juice, lemon zest, olives, parsley, and feta cheese together in a bowl. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:12.29, Inflammation Score:-5, Nutrition Score:11.959565214489%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 240.12kcal (12.01%), Fat: 8.92g (13.72%), Saturated Fat: 2.21g (13.83%), Carbohydrates: 33.6g (11.2%), Net Carbohydrates: 30.86g (11.22%), Sugar: 3.9g (4.33%), Cholesterol: 8.34mg (2.78%), Sodium: 577.24mg (25.1%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.5g (15%), Vitamin K: 67.01µg (63.82%), Selenium: 25.65µg (36.64%), Manganese: 0.48mg (24.04%), Phosphorus: 130.39mg (13.04%), Vitamin C: 10.59mg (12.83%), Copper: 0.24mg (12.05%), Fiber: 2.75g (10.99%), Potassium: 360.91mg (10.31%), Magnesium: 39.48mg (9.87%), Vitamin A: 482.32IU (9.65%), Iron: 1.52mg (8.42%), Vitamin B2: 0.14mg (8.31%), Vitamin E: 1.25mg (8.3%), Calcium: 77.1mg (7.71%), Vitamin B3: 1.45mg (7.24%), Zinc: 0.99mg (6.6%), Vitamin B6: 0.13mg (6.39%), Vitamin B1: 0.09mg (6.2%), Folate: 22.13µg (5.53%), Vitamin B5: 0.42mg (4.24%), Vitamin B12: 0.16µg (2.64%)