



## Orzo Pasta with Shrimp Bruschetta

READY IN



45 min.

SERVINGS



45

CALORIES



50 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 lb baguette cut into 24 cubes ( )
- 1.5 lb cherry tomatoes divided ( 40)
- 1 cup basil fresh chopped
- 3 large cloves garlic divided minced
- 8 green onions
- 1.3 cups orzo pasta uncooked
- 0.3 cup parmesan cheese grated kraft
- 1 lb shrimp deveined uncooked peeled
- 0.8 cup vinaigrette dressing made italian with extra virgin olive oil, divided kraft

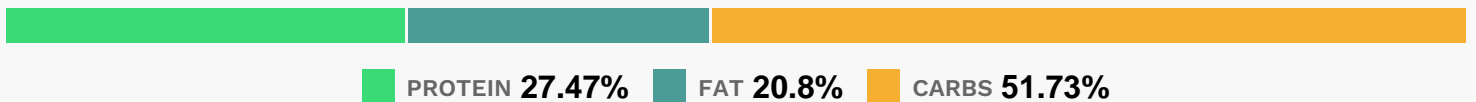
## Equipment

- bowl
- grill
- skewers

## Directions

- Heat grill to medium heat.
- Cook pasta as directed on package.
- Meanwhile, mix 1/4 cup dressing and 1/3 of garlic. Thread shrimp onto 6 skewers; thread 24 tomatoes onto 6 additional skewers alternately with bread. Grill all skewers 3 min., turning and brushing occasionally with half the dressing mixture.
- Remove tomato skewers from grill.
- Place onions in single layer on grill grate. Grill onions and shrimp 2 to 3 min. or until shrimp turn pink and onions are crisp-tender, turning and brushing occasionally with remaining dressing mixture.
- Drain pasta; place in large bowl. Quarter remaining tomatoes.
- Add to pasta with remaining dressing, garlic and basil; mix lightly. Slice onions; stir into pasta mixture.
- Sprinkle with Parmesan.
- Serve with shrimp skewers.

## Nutrition Facts



## Properties

Glycemic Index:5.46, Glycemic Load:2.97, Inflammation Score:-2, Nutrition Score:2.5347826177983%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## Nutrients (% of daily need)

Calories: 49.61kcal (2.48%), Fat: 1.15g (1.77%), Saturated Fat: 0.24g (1.49%), Carbohydrates: 6.45g (2.15%), Net Carbohydrates: 6.03g (2.19%), Sugar: 0.78g (0.86%), Cholesterol: 16.71mg (5.57%), Sodium: 55.19mg (2.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.85%), Vitamin K: 7.65µg (7.29%), Selenium: 3.81µg (5.45%), Vitamin C: 4.01mg (4.86%), Manganese: 0.09mg (4.71%), Phosphorus: 43.38mg (4.34%), Copper: 0.07mg (3.68%), Vitamin B1: 0.04mg (2.7%), Vitamin A: 128.16IU (2.56%), Folate: 9.88µg (2.47%), Iron: 0.44mg (2.45%), Potassium: 84.41mg (2.41%), Magnesium: 9.42mg (2.35%), Calcium: 22.04mg (2.2%), Vitamin B3: 0.4mg (1.99%), Zinc: 0.29mg (1.96%), Fiber: 0.41g (1.65%), Vitamin B2: 0.03mg (1.54%), Vitamin E: 0.23mg (1.51%), Vitamin B6: 0.03mg (1.41%)