

Orzo Risotto

READY IN



45 min.

SERVINGS



8

CALORIES



234 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 tablespoons butter ()
- ☐ 1.5 teaspoons coarse kosher salt
- ☐ 1.5 tablespoons thyme leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon lemon zest finely grated
- ☐ 2 cups orzo pasta) (rice-shaped
- ☐ 6 tablespoons parsley italian chopped
- ☐ 0.8 cup shallots minced
- ☐ 6 cups water boiling

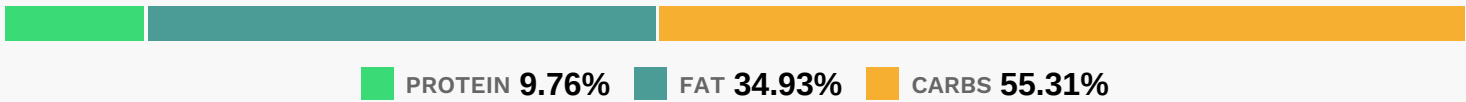
Equipment

- ☐ sauce pan

Directions

- ☐ Melt butter in heavy large saucepan over medium heat.
- ☐ Add shallots and garlic. Sauté until shallots are tender, about 5 minutes.
- ☐ Add orzo; sauté 5 minutes.
- ☐ Mix in 6 cups boiling water and salt. Simmer uncovered until orzo is tender, liquid is absorbed, and risotto is creamy, stirring often, about 18 minutes.
- ☐ Remove from heat.
- ☐ Mix in thyme and peel, then parsley.

Nutrition Facts



Properties

Glycemic Index:28.63, Glycemic Load:12.33, Inflammation Score:-9, Nutrition Score:9.1008694716122%

Flavonoids

Apigenin: 6.5mg, Apigenin: 6.5mg, Apigenin: 6.5mg, Apigenin: 6.5mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 234.26kcal (11.71%), Fat: 9.16g (14.09%), Saturated Fat: 5.52g (34.47%), Carbohydrates: 32.61g (10.87%), Net Carbohydrates: 30.33g (11.03%), Sugar: 2.82g (3.13%), Cholesterol: 22.58mg (7.53%), Sodium: 519.3mg (22.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.75g (11.51%), Vitamin K: 50.16µg (47.77%), Selenium: 24.19µg (34.55%), Manganese: 0.45mg (22.48%), Vitamin A: 578.8IU (11.58%), Vitamin C: 9.07mg (10.99%), Fiber: 2.29g (9.15%), Phosphorus: 91.07mg (9.11%), Copper: 0.17mg (8.57%), Magnesium: 30.43mg (7.61%), Vitamin B6: 0.15mg (7.4%), Iron: 1.19mg (6.63%), Potassium: 189.14mg (5.4%), Folate: 19.88µg (4.97%), Zinc: 0.71mg (4.75%), Vitamin B3: 0.76mg (3.79%), Calcium: 36.01mg (3.6%), Vitamin B1: 0.05mg (3.52%), Vitamin B5: 0.26mg (2.62%), Vitamin B2: 0.04mg (2.41%), Vitamin E: 0.32mg (2.12%)