



Orzo Salad

READY IN



45 min.

SERVINGS



8

CALORIES



191 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons balsamic vinegar
- 0.3 teaspoon pepper black
- 3 cups orzo pasta hot rice-shaped cooked uncooked ()
- 3 ounces feta cheese crumbled
- 1 garlic clove minced
- 2 tablespoons olive oil extra-virgin
- 0.3 cup parsley chopped
- 1 cup peas green frozen thawed
- 0.5 teaspoon salt

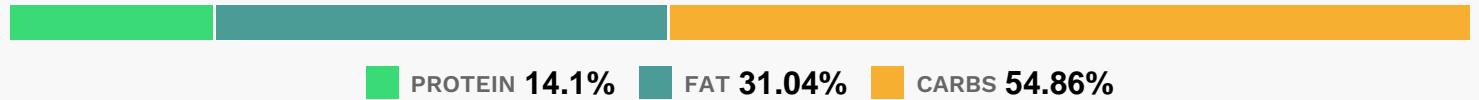
Equipment

bowl

Directions

Combine all the ingredients in a large bowl, and toss well to coat. Cover bowl and chill for 1 hour.

Nutrition Facts



Properties

Glycemic Index:32.98, Glycemic Load:11.27, Inflammation Score:-4, Nutrition Score:8.3747826879439%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 191.26kcal (9.56%), Fat: 6.53g (10.04%), Saturated Fat: 2.04g (12.73%), Carbohydrates: 25.97g (8.66%), Net Carbohydrates: 23.59g (8.58%), Sugar: 2.34g (2.6%), Cholesterol: 9.46mg (3.15%), Sodium: 270.72mg (11.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.67g (13.35%), Vitamin K: 37.65µg (35.86%), Selenium: 20.49µg (29.27%), Manganese: 0.33mg (16.43%), Vitamin C: 9.86mg (11.95%), Phosphorus: 98.97mg (9.9%), Fiber: 2.38g (9.52%), Iron: 1.43mg (7.92%), Vitamin B2: 0.13mg (7.65%), Vitamin A: 341.85IU (6.84%), Calcium: 67.14mg (6.71%), Zinc: 0.92mg (6.13%), Vitamin B6: 0.12mg (5.83%), Folate: 22.96µg (5.74%), Magnesium: 22.49mg (5.62%), Copper: 0.11mg (5.59%), Vitamin B1: 0.08mg (5.4%), Vitamin E: 0.6mg (4.03%), Vitamin B3: 0.79mg (3.96%), Vitamin B12: 0.18µg (2.99%), Potassium: 101.18mg (2.89%), Vitamin B5: 0.21mg (2.11%)