

Orzo Salad

READY IN



300 min.

SERVINGS



12

CALORIES



260 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2.5 ounces baby arugula chopped
- ☐ 0.5 pounds mozzarella fresh cut into 1/2-inch pieces
- ☐ 1 garlic clove finely minced
- ☐ 0.3 cup juice of lemon fresh to taste
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 1 pound orzo pasta
- ☐ 0.5 cup pinenuts
- ☐ 2.5 ounces radicchio thinly chopped
- ☐ 12 ounce roasted peppers drained chopped

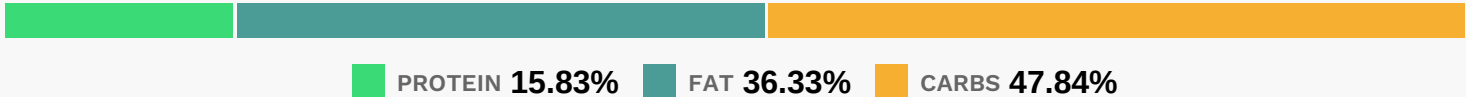
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ colander

Directions

- ☐ Preheat oven to 350°F with rack in middle.
- ☐ Roast pine nuts in a rimmed sheet pan until golden, about 8 minutes.
- ☐ Cook orzo in a 6- to 8-quart pot of boiling salted water until tender, then drain well in a colander.
- ☐ Meanwhile, whisk together lemon juice, oil, garlic, 1/4 teaspoon salt and 1/4 teaspoon pepper in a large bowl.
- ☐ Add hot orzo to dressing and toss.
- ☐ Let orzo come to room temperature, stirring occasionally.
- ☐ Add pine nuts, peppers, mozzarella, arugula, and radicchio and toss well.
- ☐ Season salad with salt, pepper, and additional lemon juice, if desired.
- ☐ •Orzo salad can be made 2 hours ahead and kept at room temperature. Leftovers can be chilled, but for entertaining purposes, the salad is at its best when made fresh and not refrigerated.

Nutrition Facts



Properties

Glycemic Index:10.92, Glycemic Load:11.52, Inflammation Score:-5, Nutrition Score:11.789565138195%

Flavonoids

Cyanidin: 7.5mg, Cyanidin: 7.5mg, Cyanidin: 7.5mg, Cyanidin: 7.5mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.25mg, Luteolin: 2.25mg, Luteolin: 2.25mg, Luteolin: 2.25mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 260.13kcal (13.01%), Fat: 10.59g (16.3%), Saturated Fat: 3.14g (19.61%), Carbohydrates: 31.39g (10.46%), Net Carbohydrates: 29.47g (10.72%), Sugar: 1.69g (1.88%), Cholesterol: 14.93mg (4.98%), Sodium: 512.01mg (22.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.39g (20.77%), Manganese: 0.92mg (46.23%), Selenium: 27.34µg (39.05%), Vitamin K: 26.09µg (24.85%), Vitamin C: 16.63mg (20.16%), Phosphorus: 182.58mg (18.26%), Calcium: 127.25mg (12.73%), Copper: 0.25mg (12.43%), Magnesium: 44.96mg (11.24%), Zinc: 1.57mg (10.46%), Vitamin A: 418.89IU (8.38%), Fiber: 1.93g (7.7%), Vitamin B12: 0.43µg (7.18%), Iron: 1.25mg (6.95%), Vitamin E: 1.03mg (6.85%), Vitamin B6: 0.13mg (6.48%), Potassium: 219.51mg (6.27%), Folate: 24.87µg (6.22%), Vitamin B2: 0.11mg (6.19%), Vitamin B3: 1.1mg (5.52%), Vitamin B1: 0.07mg (4.83%), Vitamin B5: 0.27mg (2.68%)