



Orzo Salad with Marinated Mushrooms and Edamame

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



189 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bay leaf
- 0.5 teaspoon pepper black freshly ground
- 1 tablespoon brown sugar
- 2 cups orzo pasta rice-shaped cooked uncooked (1 cup pasta)
- 1 teaspoon mustard dry
- 1 tablespoon cooking sherry dry
- 2 cups blanched edamame green frozen shelled thawed (soybeans)

- 1 tablespoon thyme leaves fresh
- 2 garlic cloves minced
- 1 pound mushrooms quartered
- 2.5 tablespoons olive oil
- 1 cup bell pepper red chopped
- 1.5 teaspoons salt
- 0.5 cup citrus champagne vinegar

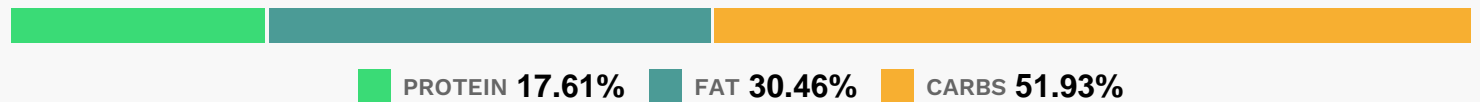
Equipment

- bowl
- sauce pan

Directions

- Combine the first 10 ingredients in a large saucepan; bring to a boil. Reduce heat; simmer 10 minutes. Stir in mushrooms, edamame, and bell pepper; cook 1 minute.
- Place mushroom mixture in a large bowl; cool to room temperature. Discard bay leaf.
- Add pasta, and toss to combine. Cover and refrigerate overnight.

Nutrition Facts



Properties

Glycemic Index:29.31, Glycemic Load:7.37, Inflammation Score:-8, Nutrition Score:9.7278259785279%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 188.56kcal (9.43%), Fat: 6.41g (9.86%), Saturated Fat: 0.74g (4.61%), Carbohydrates: 24.58g (8.19%), Net Carbohydrates: 21.08g (7.66%), Sugar: 4.66g (5.18%), Cholesterol: 0mg (0%), Sodium: 442.14mg (19.22%), Alcohol: 0.19g (100%), Alcohol %: 0.13% (100%), Protein: 8.33g (16.67%), Vitamin C: 26.76mg (32.44%), Selenium: 18.29µg (26.13%), Vitamin B2: 0.26mg (15.25%), Fiber: 3.5g (14.01%), Manganese: 0.26mg (12.99%), Iron: 2.28mg (12.66%), Vitamin A: 626.32IU (12.53%), Vitamin B3: 2.45mg (12.27%), Potassium: 428.37mg (12.24%), Copper: 0.24mg (12.16%), Vitamin B5: 0.97mg (9.75%), Phosphorus: 86.67mg (8.67%), Vitamin B6: 0.15mg (7.58%), Vitamin E: 0.97mg (6.48%), Folate: 22.38µg (5.59%), Magnesium: 19.43mg (4.86%), Vitamin B1: 0.07mg (4.63%), Calcium: 45.62mg (4.56%), Zinc: 0.63mg (4.2%), Vitamin K: 3.78µg (3.6%)