



## Orzo Salad with Radish and Fennel

 Dairy Free

READY IN



58 min.

SERVINGS



4

CALORIES



400 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 teaspoon dijon mustard
- 1.5 cups fennel bulb diced (1 bulb)
- 3 tablespoons mint leaves fresh chopped
- 3 tablespoons green onions minced
- 0.5 teaspoon kosher salt
- 1 tablespoon kosher salt
- 0.3 cup juice of lemon fresh

- 3 tablespoons olive oil
- 8 ounces orzo pasta) (rice-shaped uncooked
- 0.3 cup pinenuts toasted
- 0.5 cup radishes chopped

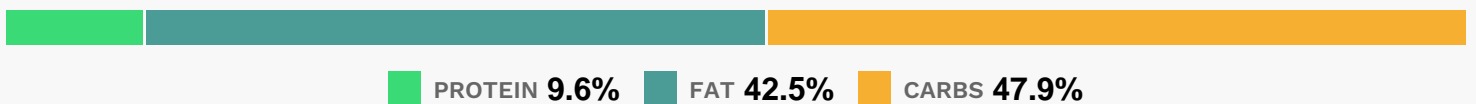
## Equipment

- bowl
- whisk

## Directions

- Cook orzo pasta with 1 tablespoon kosher salt according to the package directions, omitting additional fat.
- Drain and rinse with cold water.
- Drain well.
- Combine lemon juice and next 3 ingredients (through pepper) in a large bowl; stir well with a whisk.
- Add orzo, fennel, and the next 4 ingredients (through 1/2 teaspoon salt); toss well to coat. Cover and chill. Top with nuts before serving.

## Nutrition Facts



## Properties

Glycemic Index:53.75, Glycemic Load:17.82, Inflammation Score:-6, Nutrition Score:16.178261052007%

## Flavonoids

Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Eriodictyol: 2.26mg, Eriodictyol: 2.26mg, Eriodictyol: 2.26mg, Eriodictyol: 2.26mg Hesperetin: 2.59mg, Hesperetin: 2.59mg, Hesperetin: 2.59mg, Hesperetin: 2.59mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

## Nutrients (% of daily need)

Calories: 400.13kcal (20.01%), Fat: 19.26g (29.63%), Saturated Fat: 2.21g (13.84%), Carbohydrates: 48.85g (16.28%), Net Carbohydrates: 44.8g (16.29%), Sugar: 3.98g (4.42%), Cholesterol: 0mg (0%), Sodium: 2077.09mg (90.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.79g (19.59%), Manganese: 1.68mg (83.9%), Selenium: 36.71µg (52.45%), Vitamin K: 42.86µg (40.82%), Phosphorus: 198.43mg (19.84%), Vitamin E: 2.87mg (19.12%), Copper: 0.37mg (18.27%), Magnesium: 71.18mg (17.79%), Vitamin C: 14.1mg (17.09%), Fiber: 4.05g (16.21%), Potassium: 417.64mg (11.93%), Zinc: 1.71mg (11.43%), Iron: 2.04mg (11.31%), Folate: 36.8µg (9.2%), Vitamin B3: 1.81mg (9.07%), Vitamin B1: 0.11mg (7.25%), Vitamin B6: 0.13mg (6.65%), Vitamin B2: 0.09mg (5.46%), Vitamin A: 255.33IU (5.11%), Calcium: 49.85mg (4.98%), Vitamin B5: 0.42mg (4.22%)