



Orzo Salad With Shrimp and Feta

READY IN



25 min.

SERVINGS



8

CALORIES



294 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup cucumber diced english
- 4 ounces feta cheese crumbled
- 0.5 cup optional: dill fresh chopped
- 0.5 cup mint leaves fresh chopped
- 1 clove garlic minced
- 3 tablespoons kalamata olives halved
- 8 servings kosher salt
- 2 lemon zest fresh grated
- 0.3 cup olive oil extra-virgin

- 2 cups orzo pasta
- 8 servings pepper freshly ground
- 4 scallions thinly sliced
- 0.5 pound shrimp deveined peeled coarsely chopped (tails removed)

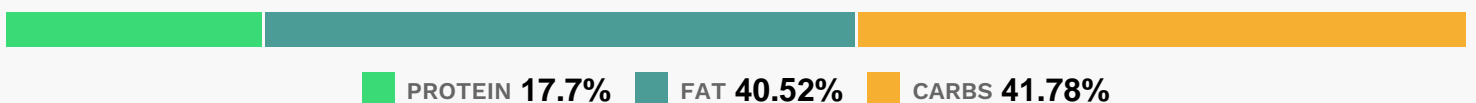
Equipment

- bowl
- baking sheet
- pot
- broiler

Directions

- Preheat the broiler. Bring a large pot of salted water to a boil.
- Add the pasta and cook until al dente (about 2 minutes less than the label directs).
- Drain and rinse under cool water; shake off the excess.
- Transfer to a large bowl and set aside while you make the shrimp, stirring occasionally to prevent clumping.
- Toss the shrimp on a baking sheet with 1 tablespoon olive oil, the garlic, and salt and pepper to taste; arrange in a single layer. Broil the shrimp, turning once, until opaque and just cooked through, 2 to 3 minutes.
- Add the shrimp, lemon zest and juice, scallions, mint, dill, cucumber, feta, olives and the remaining 1/3 cup olive oil to the bowl with the pasta; toss.
- Serve immediately or refrigerate, covered, up to 6 hours. (Bring to room temperature before serving.)
- Photograph by Yunhee Kim

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:11.56, Inflammation Score:-5, Nutrition Score:10.233478271443%

Flavonoids

Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 294.26kcal (14.71%), Fat: 13.33g (20.5%), Saturated Fat: 3.34g (20.88%), Carbohydrates: 30.91g (10.3%), Net Carbohydrates: 29.05g (10.56%), Sugar: 1.57g (1.74%), Cholesterol: 58.26mg (19.42%), Sodium: 442.39mg (19.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.09g (26.19%), Selenium: 25.99µg (37.13%), Manganese: 0.47mg (23.38%), Vitamin K: 20.47µg (19.5%), Phosphorus: 190.1mg (19.01%), Copper: 0.25mg (12.75%), Calcium: 118.59mg (11.86%), Vitamin E: 1.53mg (10.18%), Magnesium: 40.3mg (10.07%), Vitamin B2: 0.17mg (9.96%), Vitamin A: 492.3IU (9.85%), Vitamin C: 7.9mg (9.58%), Zinc: 1.44mg (9.57%), Fiber: 1.86g (7.45%), Potassium: 252.56mg (7.22%), Iron: 1.28mg (7.1%), Vitamin B6: 0.14mg (7.03%), Folate: 25.27µg (6.32%), Vitamin B3: 0.93mg (4.67%), Vitamin B1: 0.07mg (4.65%), Vitamin B12: 0.24µg (3.99%), Vitamin B5: 0.37mg (3.72%)