



WHATSheATE



Orzo Salad with Spicy Buttermilk Dressing

READY IN



30 min.

SERVINGS



4

CALORIES



425 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 avocado peeled cut into 8 wedges
- ☐ 0.3 teaspoon pepper black
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 12 cherry tomatoes quartered
- ☐ 1 teaspoon chili powder
- ☐ 1 cup corn kernels frozen thawed drained
- ☐ 3 tablespoons cilantro leaves fresh divided chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 garlic clove crushed

- ☐ 3 spring onion sliced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.3 cup buttermilk low-fat
- ☐ 2 tablespoons mayonnaise
- ☐ 1 cup orzo pasta uncooked
- ☐ 2 tablespoons cream light sour

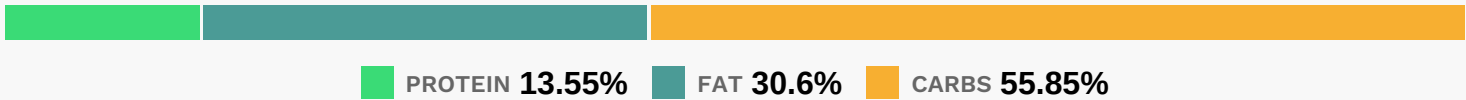
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook orzo according to package directions, omitting salt and fat.
- ☐ Drain and rinse; drain well.
- ☐ Place orzo, corn, and next 3 ingredients (through beans) in a large bowl; toss.
- ☐ Combine buttermilk, 2 tablespoons cilantro, and next 8 ingredients (through garlic) in a small bowl, stirring well with a whisk.
- ☐ Drizzle over orzo mixture; toss. Top with avocado; garnish with remaining cilantro and parsley.

Nutrition Facts



Properties

Glycemic Index:80.5, Glycemic Load:11.96, Inflammation Score:-8, Nutrition Score:22.474347997619%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 425.16kcal (21.26%), Fat: 14.99g (23.06%), Saturated Fat: 2.7g (16.88%), Carbohydrates: 61.56g (20.52%), Net Carbohydrates: 47.89g (17.42%), Sugar: 5.67g (6.3%), Cholesterol: 5.64mg (1.88%), Sodium: 876.86mg (38.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.94g (29.88%), Vitamin K: 60.36µg (57.49%), Fiber: 13.67g (54.68%), Manganese: 0.84mg (41.8%), Selenium: 26.83µg (38.33%), Folate: 144.79µg (36.2%), Vitamin C: 27.43mg (33.25%), Phosphorus: 274.03mg (27.4%), Potassium: 921.95mg (26.34%), Copper: 0.49mg (24.41%), Magnesium: 88.71mg (22.18%), Iron: 3.61mg (20.08%), Vitamin B2: 0.31mg (18.4%), Vitamin B1: 0.27mg (18.11%), Vitamin B6: 0.35mg (17.34%), Vitamin A: 777.66IU (15.55%), Vitamin B3: 3.03mg (15.13%), Vitamin B5: 1.36mg (13.61%), Vitamin E: 1.98mg (13.19%), Zinc: 1.83mg (12.21%), Calcium: 99.29mg (9.93%), Vitamin B12: 0.07µg (1.11%)