



Orzo Tomato Artichoke Salad



Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



174 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounce artichoke hearts drained chopped canned
- ☐ 0.3 cup balsamic vinegar
- ☐ 6 ounce olives black drained sliced canned
- ☐ 1 tablespoon basil fresh chopped to taste
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 2 cups orzo pasta uncooked
- ☐ 2 tomatoes chopped

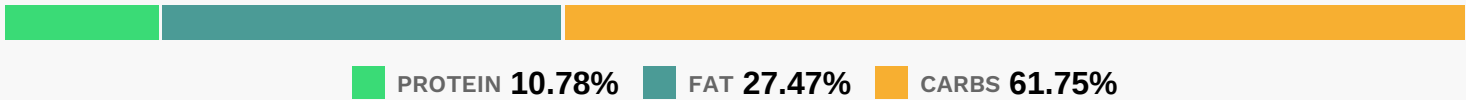
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil. Cook orzo in the boiling water, stirring occasionally, until cooked through but firm to the bite, 8 to 10 minutes; drain.
- ☐ Whisk olive oil, balsamic vinegar, and basil together in a small bowl for the dressing.
- ☐ Combine cooked orzo, artichoke hearts, tomatoes, olives, and Parmesan cheese in a large bowl. Stir dressing into the orzo mixture until all ingredients are well coated. Can be served warm or chilled.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:9.8, Inflammation Score:-3, Nutrition Score:5.19999999906706%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 174.3kcal (8.72%), Fat: 5.27g (8.1%), Saturated Fat: 0.73g (4.58%), Carbohydrates: 26.63g (8.88%), Net Carbohydrates: 24.2g (8.8%), Sugar: 2.8g (3.11%), Cholesterol: 0mg (0%), Sodium: 416.44mg (18.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.65g (9.29%), Selenium: 19.11µg (27.31%), Manganese: 0.31mg (15.69%), Fiber: 2.43g (9.72%), Vitamin E: 1.13mg (7.51%), Phosphorus: 64.61mg (6.46%), Copper: 0.12mg (6.2%), Vitamin A: 282.32IU (5.65%), Magnesium: 21.37mg (5.34%), Vitamin K: 4.34µg (4.14%), Vitamin C: 3.41mg (4.13%), Potassium: 140.1mg (4%), Vitamin B3: 0.7mg (3.49%), Vitamin B6: 0.07mg (3.39%), Iron: 0.6mg (3.36%), Zinc: 0.48mg (3.19%), Vitamin B1: 0.04mg (2.65%), Folate: 9.74µg (2.43%), Calcium: 19.7mg (1.97%), Vitamin B5: 0.16mg (1.56%), Vitamin B2: 0.02mg (1.41%)