



Orzo Tomato Artichoke Salad

READY IN



30 min.

SERVINGS



10

CALORIES



195 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
- ☐ 0.5 cup parmesan cheese grated
- ☐ 2 tomatoes chopped

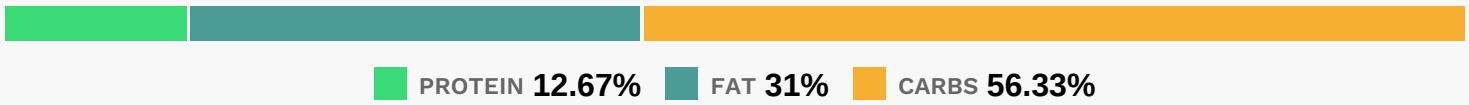
Equipment

- ☐ 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:-4, Nutrition Score:5.9243478172499%

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: 195.35kcal (9.77%), Fat: 6.67g (10.26%), Saturated Fat: 1.51g (9.43%), Carbohydrates: 27.25g (9.08%), Net Carbohydrates: 24.82g (9.03%), Sugar: 2.8g (3.11%), Cholesterol: 4.35mg (1.45%), Sodium: 503.94mg (21.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.25%), Selenium: 20.86µg (29.81%), Manganese: 0.32mg (15.9%), Fiber: 2.43g (9.72%), Phosphorus: 96.31mg (9.63%), Vitamin E: 1.15mg (7.68%), Vitamin A: 325.57IU (6.51%), Calcium: 63.9mg (6.39%), Copper: 0.13mg (6.3%), Magnesium: 23.12mg (5.78%), Zinc: 0.69mg (4.63%), Potassium: 149.3mg (4.27%), Vitamin K: 4.43µg (4.22%), Vitamin C: 3.41mg (4.13%), Vitamin B6: 0.07mg (3.6%), Vitamin B3: 0.7mg (3.51%), Iron: 0.63mg (3.48%), Vitamin B1: 0.04mg (2.74%), Folate: 10.04µg (2.51%), Vitamin B2: 0.04mg (2.43%), Vitamin B5: 0.17mg (1.72%), Vitamin B12: 0.07µg (1.13%)