



Orzo with Artichokes and Pine Nuts

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



461 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 14 oz artichoke hearts whole canned (not marinated)
- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 cup parsley fresh finely chopped
- ☐ 1 teaspoon lemon zest fresh finely grated
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 10 oz orzo pasta
- ☐ 3 tablespoons pinenuts
- ☐ 2 tablespoons red-wine vinegar

☐ 0.8 teaspoon salt

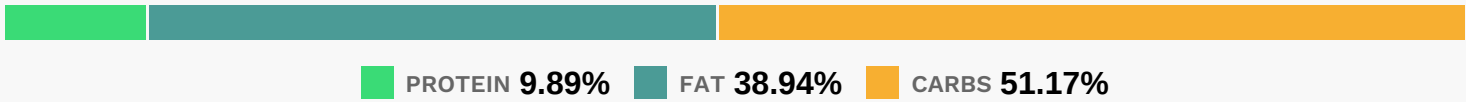
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ sieve
- ☐ colander

Directions

- ☐ Cook orzo in a 4- to 5-quart pot of boiling salted water until al dente.
- ☐ Drain in a colander.
- ☐ While orzo cooks, lightly toast pine nuts in a dry small skillet over moderate heat, stirring, until pale golden, about 2 minutes.
- ☐ Remove from heat and cool 1 minute, then coarsely chop.
- ☐ Drain artichoke hearts in a large sieve and rinse well. Pull off leaves from bases of hearts and quarter bases. Rinse leaves and bases well, then drain thoroughly.
- ☐ Stir together oil, vinegar, salt, and pepper in a large bowl.
- ☐ Add orzo, pine nuts, artichokes (leaves and bases), parsley, and zest and toss to combine.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:21.38, Inflammation Score:-7, Nutrition Score:17.81434771289%

Flavonoids

Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 460.65kcal (23.03%), Fat: 19.77g (30.41%), Saturated Fat: 2.44g (15.25%), Carbohydrates: 58.46g (19.49%), Net Carbohydrates: 54.02g (19.64%), Sugar: 3.01g (3.35%), Cholesterol: 0mg (0%), Sodium: 811.94mg (35.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.29g (22.59%), Vitamin K: 135.65µg (129.19%), Manganese: 1.36mg (67.93%), Selenium: 44.87µg (64.1%), Vitamin E: 2.78mg (18.55%), Phosphorus: 182.48mg (18.25%), Fiber: 4.44g (17.75%), Copper: 0.32mg (15.99%), Magnesium: 60.95mg (15.24%), Vitamin C: 10.72mg (12.99%), Vitamin A: 635.59IU (12.71%), Iron: 1.94mg (10.79%), Zinc: 1.57mg (10.47%), Vitamin B3: 1.64mg (8.19%), Potassium: 251.65mg (7.19%), Folate: 26.81µg (6.7%), Vitamin B1: 0.1mg (6.54%), Vitamin B6: 0.12mg (5.8%), Vitamin B2: 0.07mg (3.99%), Vitamin B5: 0.36mg (3.64%), Calcium: 29.07mg (2.91%)