



Orzo with Arugula and White Beans

 Dairy Free

READY IN



24 min.

SERVINGS



6

CALORIES



179 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups firmly arugula packed
- ☐ 15.5 ounce .5 can cannellini beans rinsed drained canned
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 cup orzo pasta) (rice-shaped uncooked

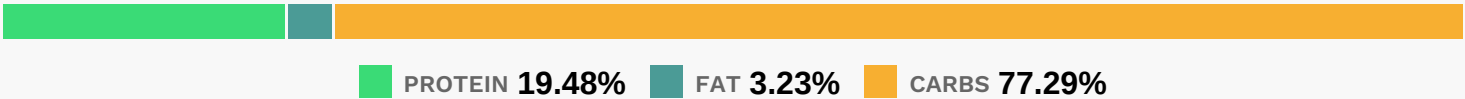
Equipment

- ☐ bowl

Directions

- ☐ Cook orzo according to package directions, omitting salt and fat.
- ☐ Drain.
- ☐ Combine orzo, beans, arugula, and lemon juice in a large bowl.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:11.27, Inflammation Score:-4, Nutrition Score:9.0060869714488%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 2.33mg, Kaempferol: 2.33mg, Kaempferol: 2.33mg, Kaempferol: 2.33mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 179.01kcal (8.95%), Fat: 0.65g (0.99%), Saturated Fat: 0.13g (0.83%), Carbohydrates: 34.78g (11.59%), Net Carbohydrates: 30.34g (11.03%), Sugar: 1.14g (1.27%), Cholesterol: 0mg (0%), Sodium: 7.01mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.77g (17.53%), Manganese: 0.63mg (31.42%), Selenium: 17µg (24.28%), Fiber: 4.44g (17.75%), Folate: 59.57µg (14.89%), Iron: 2.62mg (14.53%), Magnesium: 54.03mg (13.51%), Copper: 0.25mg (12.4%), Potassium: 417.99mg (11.94%), Phosphorus: 117.76mg (11.78%), Vitamin K: 9.42µg (8.97%), Zinc: 1.21mg (8.04%), Calcium: 69.68mg (6.97%), Vitamin B1: 0.1mg (6.46%), Vitamin B6: 0.1mg (4.88%), Vitamin E: 0.64mg (4.28%), Vitamin C: 2.93mg (3.56%), Vitamin A: 158.5IU (3.17%), Vitamin B2: 0.05mg (2.86%), Vitamin B5: 0.28mg (2.79%), Vitamin B3: 0.53mg (2.66%)