



Orzo with Basil, Orange, and Pine Nuts

READY IN



45 min.

SERVINGS



10

CALORIES



176 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon butter
- 0.3 cup basil fresh chopped
- 3 garlic cloves minced
- 2 tablespoons olive oil
- 0.8 cup orange juice fresh
- 1 tablespoon orange rind fresh grated
- 1.5 cups orzo pasta) (rice-shaped uncooked
- 0.8 cup parmigiano-reggiano cheese fresh shredded

- 2 tablespoons pinenuts toasted
- 28 ounce vegetable broth canned (such as Swanson)

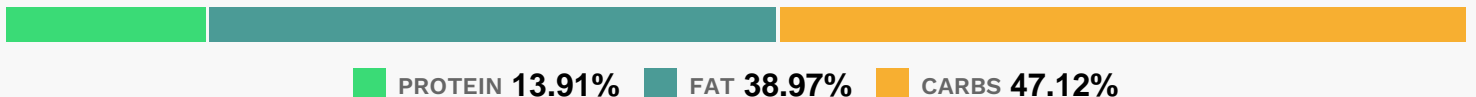
Equipment

- frying pan
- sauce pan
- microplane

Directions

- Bring broth to a boil in a medium saucepan.
- Add pasta; reduce heat to medium, and cook 9 to 12 minutes or until tender.
- Drain.
- While pasta cooks, combine oil and next 3 ingredients in a medium saucepan; cook over medium-low heat 3 to 5 minutes or until butter melts and garlic is soft and fragrant, stirring often. Increase heat to medium-high.
- Add orange juice; cook 3 minutes or until juice reduces slightly, stirring often.
- Remove from heat; stir in basil.
- Add pasta to pan, tossing to coat. Stir in cheese, pine nuts, and pepper.
- Note: Toast the pine nuts in a small skillet over medium heat for 1 minute until they are fragrant and begin to take on a golden hue.
- Transfer to a plate to cool quickly. A Microplane grater works wonders to get the finest zest from the oranges. Be sure to remove the zest before you juice them.

Nutrition Facts



Properties

Glycemic Index:34.8, Glycemic Load:8.36, Inflammation Score:-4, Nutrition Score:6.1026087170062%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2.22mg, Hesperetin: 2.22mg, Hesperetin: 2.22mg, Hesperetin: 2.22mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 175.7kcal (8.78%), Fat: 7.63g (11.74%), Saturated Fat: 2.5g (15.65%), Carbohydrates: 20.76g (6.92%), Net Carbohydrates: 19.82g (7.21%), Sugar: 2.98g (3.31%), Cholesterol: 8.11mg (2.7%), Sodium: 448.51mg (19.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.26%), Selenium: 16.09µg (22.99%), Manganese: 0.42mg (20.85%), Vitamin C: 10.56mg (12.8%), Phosphorus: 111.6mg (11.16%), Calcium: 100.49mg (10.05%), Vitamin A: 345.49IU (6.91%), Vitamin K: 6.45µg (6.14%), Magnesium: 23.27mg (5.82%), Copper: 0.11mg (5.45%), Zinc: 0.68mg (4.55%), Vitamin E: 0.68mg (4.53%), Fiber: 0.94g (3.76%), Vitamin B1: 0.05mg (3.34%), Potassium: 114.48mg (3.27%), Iron: 0.57mg (3.16%), Vitamin B6: 0.06mg (3.09%), Vitamin B2: 0.05mg (3.01%), Vitamin B3: 0.59mg (2.93%), Folate: 11.64µg (2.91%), Vitamin B5: 0.18mg (1.85%), Vitamin B12: 0.09µg (1.54%)