



Orzo with Basil, Roasted Pepper, and Feta

 Very Healthy

READY IN



18 min.

SERVINGS



6

CALORIES



133 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup feta cheese crumbled
- ☐ 0.3 cup basil fresh finely chopped
- ☐ 0.1 teaspoon ground pepper
- ☐ 1 cup orzo pasta uncooked
- ☐ 0.3 cup roasted pepper in water diced sweet red
- ☐ 0.3 teaspoon salt

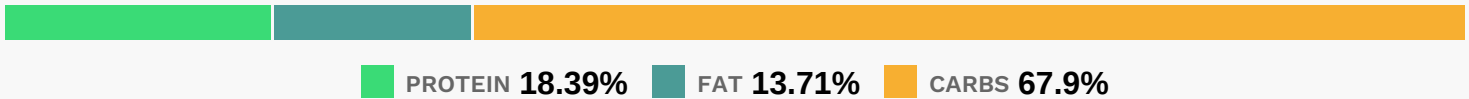
Equipment

- ☐ bowl

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain, reserving 2 tablespoons cooking liquid.
- ☐ Combine pasta, 2 tablespoons cooking liquid, sweet red pepper, and remaining ingredients in a serving bowl; toss gently.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.83, Glycemic Load:7.57, Inflammation Score:-5, Nutrition Score:17.400434718832%

Nutrients (% of daily need)

Calories: 133.44kcal (6.67%), Fat: 2.14g (3.29%), Saturated Fat: 1.12g (6.98%), Carbohydrates: 23.87g (7.96%), Net Carbohydrates: 19.27g (7.01%), Sugar: 0.84g (0.93%), Cholesterol: 5.56mg (1.85%), Sodium: 257mg (11.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.46g (12.93%), Vitamin K: 169.22µg (161.16%), Manganese: 1.21mg (60.6%), Iron: 9.27mg (51.5%), Calcium: 259.51mg (25.95%), Selenium: 17.05µg (24.36%), Magnesium: 85.24mg (21.31%), Fiber: 4.6g (18.39%), Copper: 0.29mg (14.47%), Vitamin B2: 0.19mg (11.05%), Vitamin B6: 0.2mg (10.23%), Phosphorus: 96.56mg (9.66%), Folate: 38µg (9.5%), Potassium: 327.98mg (9.37%), Zinc: 1.24mg (8.29%), Vitamin E: 1.09mg (7.29%), Vitamin B3: 1mg (5.01%), Vitamin C: 2.79mg (3.38%), Vitamin B1: 0.04mg (2.77%), Vitamin A: 130.28IU (2.61%), Vitamin B5: 0.25mg (2.54%), Vitamin B12: 0.11µg (1.76%)