



Orzo with Black Beans and Asparagus Salad

READY IN



27 min.

SERVINGS



6

CALORIES



281 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 cups diagonally cut asparagus (1-inch)
- 2 tablespoons balsamic vinegar
- 0.1 teaspoon pepper black
- 1 cup black beans canned rinsed drained
- 6 servings cheddar cheese
- 1 tablespoon olive oil extra virgin
- 2 tablespoons cilantro leaves fresh minced
- 1 garlic clove crushed
- 1 cup orzo pasta) (rice-shaped uncooked

- 0.3 teaspoon salt
- 1.5 cups tomatoes seeded chopped

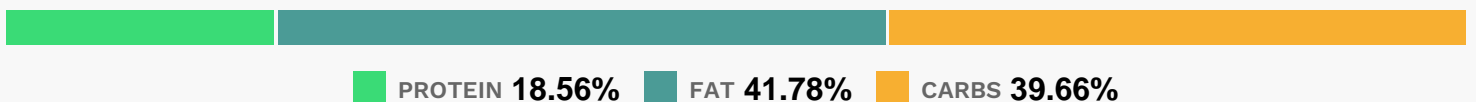
Equipment

- bowl
- paper towels
- whisk

Directions

- Cook orzo according to package directions, omitting salt and fat.
- While orzo cooks, steam asparagus, covered, 2 minutes or until crisp-tender. Rinse asparagus with cold water; drain well, and pat dry with paper towels.
- Drain orzo, reserving 2 tablespoons cooking liquid.
- Combine orzo, asparagus, tomato, beans, and cilantro in a large bowl.
- Combine reserved 2 tablespoons cooking liquid, vinegar, oil, and next 3 ingredients in a small bowl; stir with a whisk.
- Pour dressing over salad; toss gently.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:47.17, Glycemic Load:8.78, Inflammation Score:-7, Nutrition Score:12.514347833136%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg

Nutrients (% of daily need)

Calories: 280.84kcal (14.04%), Fat: 13.11g (20.17%), Saturated Fat: 6.2g (38.74%), Carbohydrates: 28g (9.33%), Net Carbohydrates: 24.05g (8.74%), Sugar: 3.18g (3.53%), Cholesterol: 30mg (10%), Sodium: 408.64mg (17.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.11g (26.22%), Selenium: 25.51µg (36.44%), Phosphorus: 243.88mg (24.39%), Calcium: 241.85mg (24.19%), Manganese: 0.42mg (20.8%), Vitamin K: 19.52µg (18.59%), Vitamin A: 874.57IU (17.49%), Fiber: 3.95g (15.81%), Vitamin B2: 0.24mg (13.93%), Folate: 51.4µg (12.85%), Zinc: 1.86mg (12.43%), Copper: 0.23mg (11.31%), Magnesium: 41.04mg (10.26%), Iron: 1.8mg (10.01%), Vitamin C: 7.95mg (9.63%), Potassium: 332.37mg (9.5%), Vitamin B1: 0.13mg (8.94%), Vitamin E: 1.17mg (7.82%), Vitamin B6: 0.14mg (6.94%), Vitamin B3: 1.17mg (5.86%), Vitamin B12: 0.32µg (5.3%), Vitamin B5: 0.41mg (4.14%), Vitamin D: 0.18µg (1.2%)