



HEALTH SCORE

51%

Orzo with Chick Peas



Vegetarian

READY IN



22 min.

SERVINGS



4

CALORIES



463 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 ounce chick peas drained canned
- ☐ 3 cloves garlic chopped
- ☐ 0.5 cup goat cheese crumbled
- ☐ 0.3 cup mint leaves finely chopped
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 pound orzo pasta
- ☐ 0.5 cup parsley leaves chopped
- ☐ 0.5 onion red chopped

- ☐ 4 servings salt
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 zucchini diced small to medium

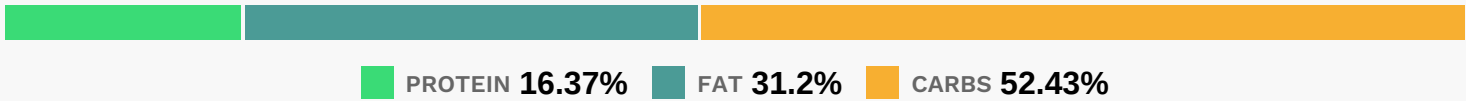
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add orzo and cook to al dente.
- ☐ Heat extra-virgin olive oil in a skillet, add zucchini, onions and garlic, season with salt and pepper and cook 6 to 7 minutes until tender, add chick peas and heat through. Toss with herbs, orzo and cheese, adjust salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:54.58, Glycemic Load:21.65, Inflammation Score:-8, Nutrition Score:24.517391210017%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 16.32mg, Apigenin: 16.32mg, Apigenin: 16.32mg, Apigenin: 16.32mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 462.8kcal (23.14%), Fat: 16.18g (24.89%), Saturated Fat: 5.54g (34.64%), Carbohydrates: 61.19g (20.4%), Net Carbohydrates: 53.43g (19.43%), Sugar: 3.66g (4.07%), Cholesterol: 13.05mg (4.35%), Sodium: 607.24mg (26.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.1g (38.21%), Vitamin K: 130.15µg (123.95%), Manganese: 1.62mg (80.92%), Selenium: 39.25µg (56.08%), Vitamin B6: 0.79mg (39.46%), Fiber: 7.76g (31.04%), Phosphorus: 297.46mg (29.75%), Copper: 0.59mg (29.71%), Vitamin C: 21.47mg (26.02%), Vitamin A: 1159.36IU

(23.19%), Magnesium: 80.23mg (20.06%), Iron: 3.49mg (19.39%), Folate: 69.25µg (17.31%), Potassium: 502.88mg (14.37%), Zinc: 2.11mg (14.09%), Vitamin B2: 0.22mg (13.24%), Calcium: 121.73mg (12.17%), Vitamin B1: 0.15mg (9.78%), Vitamin B5: 0.93mg (9.26%), Vitamin E: 1.24mg (8.28%), Vitamin B3: 1.62mg (8.12%)