



Orzo with Chicken and Asiago

READY IN



45 min.

SERVINGS



4

CALORIES



361 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 ounces asiago cheese divided grated
- 0.1 teaspoon pepper black
- 0.3 teaspoon rosemary dried
- 16 ounce fat-skimmed beef broth fat-free canned
- 1.3 cups orzo pasta (rice-shaped uncooked)
- 1 cup peas green frozen thawed
- 0.3 teaspoon salt
- 12 ounces chicken breast cut into bite-size pieces
- 1 cup water

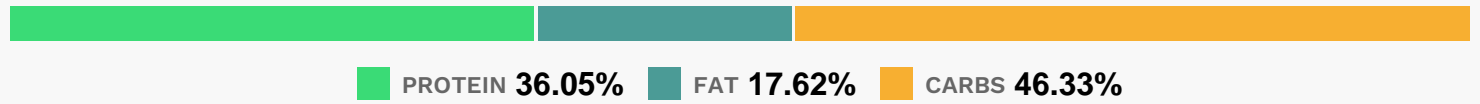
Equipment

dutch oven

Directions

- Combine water and broth in a Dutch oven; bring to a boil.
- Add chicken and pasta; bring to a boil. Reduce heat; simmer 12 minutes, stirring occasionally.
- Remove from heat; stir in peas, 1/4 cup cheese, salt, herbs, and pepper. Top each serving with 1 tablespoon cheese.

Nutrition Facts



Properties

Glycemic Index:53.83, Glycemic Load:15.6, Inflammation Score:-6, Nutrition Score:20.119565217391%

Nutrients (% of daily need)

Calories: 360.5kcal (18.03%), Fat: 6.91g (10.63%), Saturated Fat: 2.97g (18.53%), Carbohydrates: 40.88g (13.63%), Net Carbohydrates: 37.3g (13.56%), Sugar: 3.59g (3.99%), Cholesterol: 64.07mg (21.36%), Sodium: 942.47mg (40.98%), Protein: 31.82g (63.64%), Selenium: 63.18µg (90.26%), Vitamin B3: 11.1mg (55.49%), Phosphorus: 417.3mg (41.73%), Vitamin B6: 0.79mg (39.7%), Manganese: 0.62mg (30.75%), Calcium: 197.75mg (19.77%), Vitamin C: 15.52mg (18.82%), Magnesium: 67.01mg (16.75%), Vitamin B5: 1.65mg (16.53%), Potassium: 555.64mg (15.88%), Fiber: 3.58g (14.34%), Vitamin B1: 0.21mg (13.77%), Vitamin B2: 0.23mg (13.65%), Zinc: 2.02mg (13.49%), Copper: 0.26mg (12.94%), Iron: 1.74mg (9.67%), Vitamin B12: 0.57µg (9.45%), Folate: 37.56µg (9.39%), Vitamin K: 9.55µg (9.1%), Vitamin A: 414.07IU (8.28%), Vitamin E: 0.29mg (1.95%), Vitamin D: 0.16µg (1.04%)