



WHATSheATE



HEALTH SCORE

58%

Orzo with Chicken, Broccoli, and Pesto

READY IN



45 min.

SERVINGS



5

CALORIES



269 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups broccoli florets
- ☐ 2 cups orzo pasta hot rice-shaped cooked uncooked (1 cup pasta)
- ☐ 6 ounces chicken breast shredded cooked
- ☐ 1 cup flat-leaf parsley leaves fresh
- ☐ 0.3 cup mint leaves fresh
- ☐ 1 garlic clove peeled
- ☐ 0.1 teaspoon coarsely ground pepper black
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon olive oil extra-virgin

- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 2 tablespoons pinenuts toasted
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon water

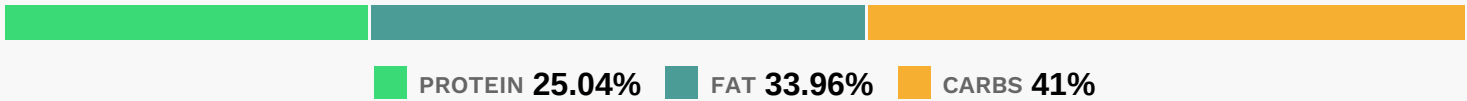
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Steam broccoli, covered, for 2 minutes or until crisp-tender. Rinse broccoli with cold water.
- ☐ Drain; place in a large bowl.
- ☐ Drop the pine nuts and garlic through food chute with food processor on, and process until minced.
- ☐ Add parsley, mint, and cheese; process until finely minced. With the processor on, slowly pour the oil, lemon juice, water, salt, and pepper through food chute, and process until well blended.
- ☐ Add the parsley mixture, orzo, and chicken to broccoli; stir well.

Nutrition Facts



Properties

Glycemic Index:40.3, Glycemic Load:11.24, Inflammation Score:-8, Nutrition Score:19.591739247675%

Flavonoids

Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 25.98mg, Apigenin: 25.98mg, Apigenin: 25.98mg, Apigenin: 25.98mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 3.03mg, Kaempferol: 3.03mg, Kaempferol: 3.03mg, Kaempferol: 3.03mg Myricetin: 1.81mg, Myricetin: 1.81mg, Myricetin: 1.81mg, Myricetin: 1.81mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 268.85kcal (13.44%), Fat: 10.21g (15.71%), Saturated Fat: 2.33g (14.53%), Carbohydrates: 27.74g (9.25%), Net Carbohydrates: 24.69g (8.98%), Sugar: 1.41g (1.57%), Cholesterol: 29.37mg (9.79%), Sodium: 369.5mg (16.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.94g (33.89%), Vitamin K: 237.96µg (226.63%), Vitamin C: 50.52mg (61.24%), Selenium: 30.43µg (43.48%), Manganese: 0.74mg (36.97%), Vitamin A: 1393.13IU (27.86%), Phosphorus: 204.91mg (20.49%), Vitamin B3: 3.61mg (18.03%), Iron: 2.8mg (15.53%), Vitamin B6: 0.27mg (13.57%), Folate: 53.06µg (13.26%), Magnesium: 49.04mg (12.26%), Fiber: 3.05g (12.2%), Calcium: 117.97mg (11.8%), Zinc: 1.63mg (10.83%), Copper: 0.2mg (9.78%), Potassium: 340.46mg (9.73%), Vitamin B2: 0.15mg (9.08%), Vitamin E: 1.21mg (8.09%), Vitamin B5: 0.73mg (7.25%), Vitamin B1: 0.09mg (6.19%), Vitamin B12: 0.17µg (2.78%)