



Orzo with Everything

READY IN



45 min.

SERVINGS



6

CALORIES



390 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup sun-dried olives packed drained chopped ()
- 0.5 cup basil fresh chopped
- 0.5 cup pinenuts toasted
- 0.3 cup kalamata olives black packed chopped ()
- 0.3 cup balsamic vinegar
- 0.5 cup parmesan cheese freshly grated
- 2 large garlic clove minced
- 1.5 cups orzo pasta (rice-shaped)
- 5 tablespoons olive oil extra virgin extra-virgin

1 cup radicchio thinly finely chopped (1 small head)

Equipment

bowl

pot

Directions

Cook orzo in pot of boiling salted water until just tender but still firm to bite.

Drain well.

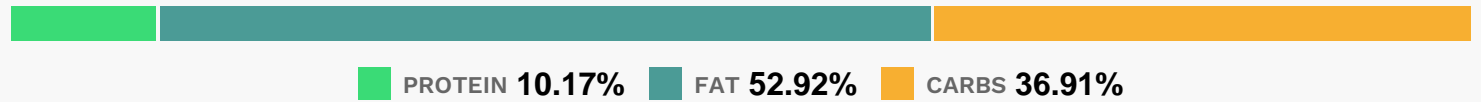
Transfer to large bowl.

Add sun-dried tomatoes, oil, vinegar and olives and toss to blend.

Let stand until cool. (Can be prepared 6 hours ahead. Cover and refrigerate. Bring to room temperature before continuing.)

Mix chopped radicchio, pine nuts, chopped basil, Parmesan and garlic into orzo mixture. Season salad to taste with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:13.07, Inflammation Score:-5, Nutrition Score:14.736086872609%

Flavonoids

Cyanidin: 8.47mg, Cyanidin: 8.47mg, Cyanidin: 8.47mg, Cyanidin: 8.47mg Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.58mg, Luteolin: 2.58mg, Luteolin: 2.58mg, Luteolin: 2.58mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 389.81kcal (19.49%), Fat: 23.34g (35.9%), Saturated Fat: 3.7g (23.14%), Carbohydrates: 36.63g (12.21%), Net Carbohydrates: 33.96g (12.35%), Sugar: 5.38g (5.98%), Cholesterol: 7.25mg (2.42%), Sodium: 246.99mg (10.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.09g (20.18%), Manganese: 1.52mg (75.84%), Vitamin K: 41.29µg (39.32%), Selenium: 27.29µg (38.99%), Phosphorus: 217.71mg (21.77%), Vitamin E: 3.2mg (21.31%), Copper: 0.39mg (19.5%), Magnesium: 67.18mg (16.79%), Zinc: 1.82mg (12.11%), Potassium: 420.15mg (12%), Iron:

1.99mg (11.06%), Fiber: 2.67g (10.67%), Calcium: 102.59mg (10.26%), Vitamin B3: 1.75mg (8.73%), Vitamin B1: 0.11mg (7.61%), Vitamin B2: 0.11mg (6.56%), Vitamin B6: 0.11mg (5.6%), Folate: 20.79µg (5.2%), Vitamin A: 258.25IU (5.17%), Vitamin C: 3.69mg (4.47%), Vitamin B5: 0.38mg (3.81%), Vitamin B12: 0.11µg (1.88%)