



Orzo with Feta and Tomatoes

READY IN



20 min.

SERVINGS



4

CALORIES



371 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 1 cup feta cheese crumbles
- ☐ 0.5 pint grape tomatoes halved
- ☐ 0.5 pound orzo pasta
- ☐ 1 handful parsley leaves chopped
- ☐ 4 servings salt

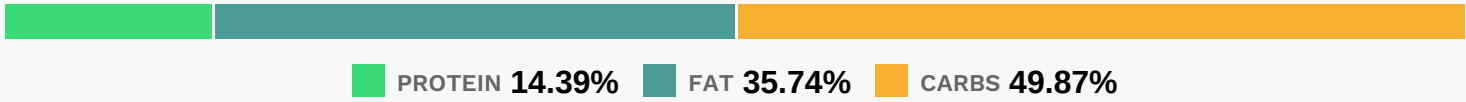
Equipment

pot

Directions

- Heat water in large sauce pot to boil and add pasta, cook to al dente.
- Melt butter in the pot while still hot and combine with feta.
- Add cooked pasta to feta butter and toss with parsley and tomatoes, season with a little pepper.

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:18.04, Inflammation Score:-7, Nutrition Score:14.410434660704%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 371.18kcal (18.56%), Fat: 14.73g (22.65%), Saturated Fat: 8.76g (54.76%), Carbohydrates: 46.22g (15.41%), Net Carbohydrates: 43.64g (15.87%), Sugar: 3.08g (3.43%), Cholesterol: 48.42mg (16.14%), Sodium: 673.24mg (29.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.34g (26.68%), Selenium: 41.54µg (59.34%), Manganese: 0.61mg (30.64%), Phosphorus: 250.15mg (25.01%), Vitamin B2: 0.37mg (21.49%), Vitamin K: 22.46µg (21.39%), Calcium: 206.32mg (20.63%), Vitamin A: 910.66IU (18.21%), Vitamin B6: 0.29mg (14.41%), Zinc: 2mg (13.32%), Vitamin C: 9.43mg (11.43%), Magnesium: 44.5mg (11.12%), Vitamin B12: 0.65µg (10.76%), Copper: 0.21mg (10.69%), Fiber: 2.58g (10.33%), Vitamin B1: 0.13mg (8.8%), Potassium: 298.46mg (8.53%), Vitamin B3: 1.7mg (8.52%), Folate: 32.82µg (8.21%), Iron: 1.22mg (6.75%), Vitamin B5: 0.67mg (6.73%), Vitamin E: 0.62mg (4.13%)