



Orzo with Feta, Cucumber and Tomato

READY IN



115 min.

SERVINGS



10

CALORIES



214 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup chicken broth
- 2 cucumbers peeled chopped
- 2 cups feta cheese crumbled
- 1 teaspoon ground cumin
- 10 servings salt and ground pepper black to taste
- 1 cup kalamata olives pitted coarsely chopped
- 3 tablespoons juice of lemon fresh
- 2 tablespoons olive oil
- 1.3 cups orzo pasta

- 1 bell pepper red divided seeded chopped
- 1 onion red very thinly sliced cut into 1-inch pieces
- 2 roma tomatoes seeded chopped (plum)
- 1 cup water
- 1 tablespoon citrus champagne vinegar

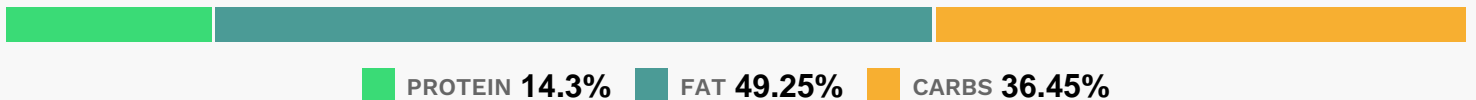
Equipment

- bowl
- sauce pan

Directions

- Place orzo pasta, chicken broth, water, and half the chopped red bell pepper into a saucepan. Bring to a boil, reduce heat to low, and simmer until orzo are tender and liquid has been absorbed, about 10 minutes.
- Drain and rinse. Allow to cool.
- Place orzo into a large salad bowl with remaining red bell pepper and 2 tablespoons olive oil; toss to coat.
- Mix in cucumbers, feta cheese, roma tomatoes, red onion, Kalamata olives, lemon juice, white wine vinegar, and cumin; toss salad well.
- Drizzle 2 more tablespoons olive oil over top of salad. Refrigerate 1 hour, tossing once or twice; season to taste with salt and black pepper before serving.

Nutrition Facts



Properties

Glycemic Index:21.8, Glycemic Load:6.59, Inflammation Score:-6, Nutrition Score:10.402173843073%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.55mg,

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 214kcal (10.7%), Fat: 11.87g (18.27%), Saturated Fat: 4.73g (29.59%), Carbohydrates: 19.78g (6.59%), Net Carbohydrates: 17.67g (6.42%), Sugar: 2.91g (3.24%), Cholesterol: 27.17mg (9.06%), Sodium: 645.41mg (28.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.76g (15.52%), Vitamin C: 21.43mg (25.97%), Selenium: 16.71µg (23.87%), Vitamin B2: 0.31mg (18.31%), Calcium: 176.2mg (17.62%), Phosphorus: 161.51mg (16.15%), Manganese: 0.3mg (14.86%), Vitamin A: 702.78IU (14.06%), Vitamin B6: 0.25mg (12.48%), Zinc: 1.34mg (8.92%), Vitamin E: 1.29mg (8.61%), Vitamin B12: 0.51µg (8.53%), Fiber: 2.11g (8.44%), Vitamin K: 8.53µg (8.13%), Folate: 32.14µg (8.04%), Magnesium: 29.92mg (7.48%), Copper: 0.15mg (7.37%), Vitamin B1: 0.11mg (7.2%), Potassium: 232.62mg (6.65%), Vitamin B5: 0.59mg (5.9%), Iron: 0.93mg (5.16%), Vitamin B3: 0.94mg (4.7%)