



Orzo with Feta, Tomatoes, and Dill

READY IN



25 min.

SERVINGS



4

CALORIES



361 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups cherry tomatoes halved
- 0.5 cup optional: dill chopped
- 6 ounces feta cheese crumbled
- 1 teaspoon lemon zest grated
- 3 tablespoons olive oil extra virgin extra-virgin
- 1 cup orzo pasta

Equipment

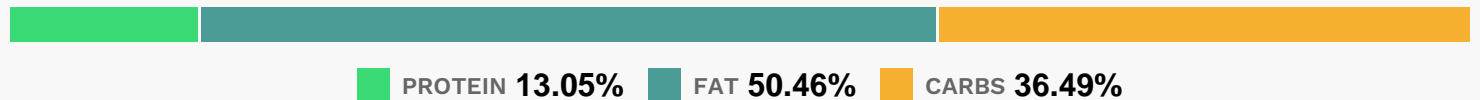
- bowl

pot

Directions

- Toss together oil, tomatoes, dill, zest, and 1/2 teaspoon each of salt and pepper in a large serving bowl.
- Let stand at least ten minutes
- Meanwhile, cook orzo in a pasta pot of boiling salted water (1 1/2 tablespoons salt for 4 quarts water) until al dente
- Drain orzo and toss with tomato mixture.
- Add feta and toss again.
- Per serving: Calories 272, Total fat 15g, Saturated Fat 7g, Cholesterol 33mg, Sodium 617mg, Carbohydrate 25g, Fiber 2g, Protein 9g
- Nutrition Data
- See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:11.75, Inflammation Score:-7, Nutrition Score:14.352173903714%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.56mg, Isorhamnetin: 2.56mg, Isorhamnetin: 2.56mg, Isorhamnetin: 2.56mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 360.81kcal (18.04%), Fat: 20.36g (31.32%), Saturated Fat: 7.22g (45.15%), Carbohydrates: 33.13g (11.04%), Net Carbohydrates: 31.23g (11.36%), Sugar: 2.88g (3.2%), Cholesterol: 37.85mg (12.62%), Sodium: 499.05mg (21.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.85g (23.69%), Selenium: 30.45µg (43.51%), Vitamin C: 22.62mg (27.42%), Manganese: 0.51mg (25.41%), Vitamin B2: 0.42mg (24.45%), Phosphorus: 238.98mg (23.9%), Calcium: 238.71mg (23.87%), Vitamin A: 997.44IU (19.95%), Vitamin B6: 0.3mg (15.21%), Vitamin E: 2.05mg (13.65%), Zinc: 1.91mg (12.75%), Vitamin B12: 0.72µg (11.98%), Folate: 38.92µg (9.73%), Iron: 1.72mg (9.56%), Magnesium:

37.97mg (9.49%), Copper: 0.19mg (9.34%), Potassium: 316.66mg (9.05%), Vitamin K: 9.21µg (8.77%), Vitamin B1: 0.13mg (8.65%), Vitamin B3: 1.55mg (7.75%), Fiber: 1.9g (7.59%), Vitamin B5: 0.69mg (6.94%), Vitamin D: 0.17µg (1.13%)