

health-score 84%

HEALTH SCORE

Orzo with Fresh Peas and Mint Pesto

Very Healthy

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

385 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound orzo pasta cooked
- ☐ 1 cup mint leaves fresh
- ☐ 4 servings parsley fresh finely chopped
- ☐ 0.5 cup parsley leaves fresh
- ☐ 0.5 pound peas fresh
- ☐ 1 teaspoon lemon zest
- ☐ 0.5 cup mint pesto
- ☐ 1 cup olive oil

- ☐ 2 tablespoons pinenuts toasted
- ☐ 2 tablespoons romano cheese freshly grated
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1 small shallots finely chopped

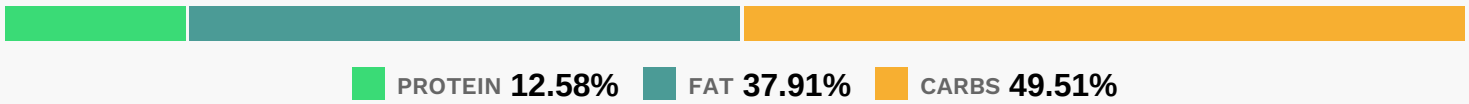
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Combine first 6 ingredients in a food processor and pulse until almost smooth. With the machine running, slowly add the olive oil until emulsified. Season with salt and pepper to taste.
- ☐ Place the orzo in a large bowl and combine with the pesto. Fold in the peas and season with salt and pepper to taste.
- ☐ Garnish with fresh parsley.

Nutrition Facts



Properties

Glycemic Index:53.46, Glycemic Load:18.56, Inflammation Score:-9, Nutrition Score:23.402608676449%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 5.22mg, Eriodictyol: 5.22mg, Eriodictyol: 5.22mg, Eriodictyol: 5.22mg Hesperetin: 1.71mg, Hesperetin: 1.71mg, Hesperetin: 1.71mg, Hesperetin: 1.71mg Apigenin: 25.74mg, Apigenin: 25.74mg, Apigenin: 25.74mg, Apigenin: 25.74mg Luteolin: 2.33mg, Luteolin: 2.33mg, Luteolin: 2.33mg, Luteolin: 2.33mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 1.71mg, Myricetin: 1.71mg, Myricetin: 1.71mg, Myricetin: 1.71mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 384.58kcal (19.23%), Fat: 16.43g (25.28%), Saturated Fat: 2.46g (15.38%), Carbohydrates: 48.28g (16.09%), Net Carbohydrates: 40.84g (14.85%), Sugar: 4.66g (5.18%), Cholesterol: 2.6mg (0.87%), Sodium: 240.53mg (10.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.27g (24.54%), Vitamin K: 211.96µg (201.87%), Manganese: 1.27mg (63.69%), Vitamin C: 44.53mg (53.97%), Selenium: 31.45µg (44.92%), Vitamin A: 2131.68IU (42.63%), Fiber: 7.44g (29.76%), Iron: 4.29mg (23.85%), Folate: 85.57µg (21.39%), Phosphorus: 197.55mg (19.76%), Magnesium: 73.34mg (18.33%), Copper: 0.36mg (17.94%), Vitamin E: 2.26mg (15.06%), Vitamin B1: 0.22mg (14.69%), Zinc: 2.01mg (13.37%), Vitamin B3: 2.31mg (11.57%), Potassium: 401.79mg (11.48%), Calcium: 109.6mg (10.96%), Vitamin B6: 0.21mg (10.64%), Vitamin B2: 0.18mg (10.35%), Vitamin B5: 0.34mg (3.35%)