



Orzo with Fried Shallots

READY IN



45 min.

SERVINGS



6

CALORIES



368 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons butter
- ☐ 3 cloves garlic peeled chopped
- ☐ 4 green onions rinsed thinly sliced 2 oz. total including green tops
- ☐ 6 servings fresh-ground pepper
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 pound orzo pasta dried
- ☐ 1 teaspoon salt
- ☐ 4 shallots peeled 6 oz. total

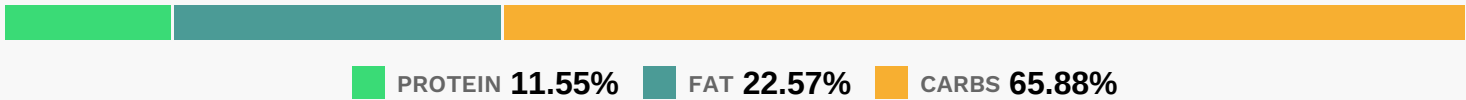
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a 5- to 6-quart pan over high heat, bring about 3 quarts water and 1 teaspoon salt to a boil.
- ☐ Add orzo and cook until barely tender to bite, 5 to 9 minutes.
- ☐ Drain well.
- ☐ Pour into a bowl and mix with olive oil. Rinse and dry pan.
- ☐ In the same pan, over medium heat, melt butter.
- ☐ Add shallots and stir often until they start to brown, 3 to 4 minutes.
- ☐ Add the garlic and orzo; mix well and cook just until pasta is warm, 2 to 5 minutes.
- ☐ Remove from heat and stir in green onions and salt and pepper to taste. Mound in a serving bowl and serve warm.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:23.65, Inflammation Score:-5, Nutrition Score:11.069130273617%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 368.33kcal (18.42%), Fat: 9.19g (14.15%), Saturated Fat: 4.14g (25.86%), Carbohydrates: 60.4g (20.13%), Net Carbohydrates: 57.18g (20.79%), Sugar: 3.54g (3.93%), Cholesterol: 15.05mg (5.02%), Sodium: 440.73mg (19.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.59g (21.17%), Selenium: 48.32µg (69.02%), Manganese: 0.79mg (39.68%), Vitamin K: 18.85µg (17.96%), Phosphorus: 159.97mg (16%), Fiber: 3.22g (12.87%), Copper: 0.25mg (12.3%), Magnesium: 45.86mg (11.47%), Vitamin B6: 0.19mg (9.44%), Zinc: 1.19mg (7.93%), Iron:

1.35mg (7.52%), Potassium: 255.46mg (7.3%), Vitamin B3: 1.38mg (6.88%), Folate: 24.67µg (6.17%), Vitamin B1: 0.09mg (5.73%), Vitamin A: 256.04IU (5.12%), Vitamin E: 0.63mg (4.23%), Vitamin C: 3.31mg (4.01%), Vitamin B5: 0.4mg (3.98%), Vitamin B2: 0.06mg (3.49%), Calcium: 32.9mg (3.29%)