



## Orzo with Garbanzo Beans, Goat Cheese, and Oregano

READY IN



45 min.

SERVINGS



4

CALORIES



610 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 15 ounce garbanzo beans rinsed drained canned (chickpeas)
- ☐ 1 garlic clove minced
- ☐ 1 cup goat cheese fresh crumbled soft
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 9 ounces orzo pasta

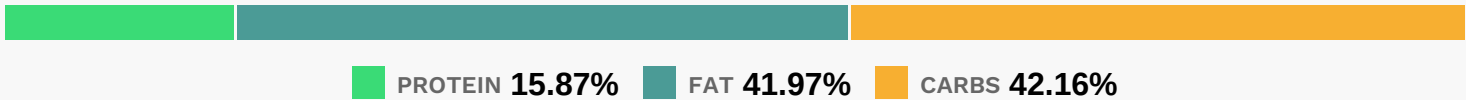
# Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

# Directions

- ☐ Cook orzo in large saucepan of boiling salted water until just tender, stirring occasionally.
- ☐ Drain orzo.
- ☐ Whisk olive oil, fresh lemon juice, and minced garlic to blend in large serving bowl.
- ☐ Add drained garbanzo beans, cooked orzo, and chopped fresh oregano; toss salad to coat. Season salad to taste with salt and pepper. Gently stir in crumbled goat cheese.
- ☐ Serve orzo salad warm or at room temperature.

# Nutrition Facts



# Properties

Glycemic Index:29.33, Glycemic Load:23.15, Inflammation Score:-10, Nutrition Score:21.593478223552%

# Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

# Nutrients (% of daily need)

Calories: 609.58kcal (30.48%), Fat: 28.64g (44.06%), Saturated Fat: 10.57g (66.07%), Carbohydrates: 64.72g (21.57%), Net Carbohydrates: 56.89g (20.69%), Sugar: 2.6g (2.89%), Cholesterol: 26.1mg (8.7%), Sodium: 509.35mg (22.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.37g (48.74%), Manganese: 1.65mg (82.5%), Selenium: 44.26µg (63.23%), Copper: 0.78mg (39.11%), Vitamin B6: 0.78mg (38.79%), Phosphorus: 356.63mg (35.66%), Fiber: 7.83g (31.32%), Vitamin K: 24.77µg (23.59%), Iron: 4.23mg (23.51%), Magnesium: 79.2mg (19.8%), Vitamin E: 2.59mg (17.27%), Calcium: 172.15mg (17.21%), Vitamin B2: 0.29mg (16.8%), Zinc: 2.24mg (14.91%), Folate:

53.07µg (13.27%), Vitamin A: 645.44IU (12.91%), Vitamin B5: 1.02mg (10.21%), Potassium: 356.32mg (10.18%),  
Vitamin B1: 0.14mg (9.32%), Vitamin B3: 1.6mg (7.99%), Vitamin C: 4.75mg (5.76%), Vitamin B12: 0.11µg (1.8%),  
Vitamin D: 0.23µg (1.51%)