



Orzo with Garlicky Spinach

READY IN



45 min.

SERVINGS



6

CALORIES



115 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 teaspoons garlic minced
- ☐ 0.3 cup lower-sodium chicken broth fat-free
- ☐ 0.8 cup orzo pasta uncooked
- ☐ 1 ounce parmesan cheese grated
- ☐ 0.4 teaspoon salt
- ☐ 4 cups pkt spinach
- ☐ 1 tablespoon balsamic vinegar white

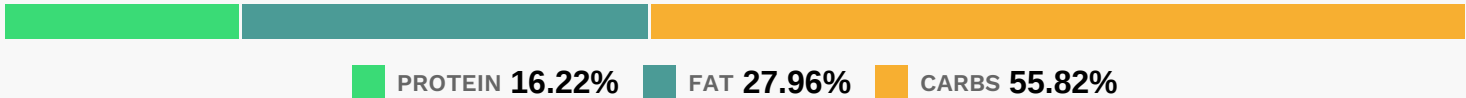
Equipment

☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Melt butter in skillet over medium heat; cook 1 minute or until browned.
- ☐ Add spinach and minced garlic; cook 1 minute. Stir in orzo, Parmesan cheese, chicken broth, vinegar, salt, and crushed red pepper.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:6.04, Inflammation Score:-8, Nutrition Score:10.982173967621%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 115.48kcal (5.77%), Fat: 3.59g (5.53%), Saturated Fat: 2g (12.49%), Carbohydrates: 16.14g (5.38%), Net Carbohydrates: 15.05g (5.47%), Sugar: 1g (1.12%), Cholesterol: 9.13mg (3.04%), Sodium: 280.44mg (12.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.38%), Vitamin K: 96.97µg (92.35%), Vitamin A: 1999.38IU (39.99%), Selenium: 13.89µg (19.84%), Manganese: 0.38mg (18.87%), Folate: 42.58µg (10.65%), Phosphorus: 78.04mg (7.8%), Vitamin C: 5.93mg (7.19%), Magnesium: 28.14mg (7.03%), Calcium: 68.96mg (6.9%), Potassium: 191.32mg (5.47%), Iron: 0.86mg (4.77%), Fiber: 1.09g (4.36%), Copper: 0.09mg (4.34%), Vitamin B6: 0.08mg (4.18%), Vitamin B2: 0.07mg (4%), Zinc: 0.59mg (3.97%), Vitamin E: 0.54mg (3.58%), Vitamin B3: 0.48mg (2.42%), Vitamin B1: 0.04mg (2.41%), Vitamin B5: 0.12mg (1.18%), Vitamin B12: 0.07µg (1.13%)