



Orzo with Ham and Goat Cheese

READY IN



25 min.

SERVINGS



6

CALORIES



575 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound mild goat cheese crumbled soft
- ☐ 2 cups ham sliced coarsely chopped
- ☐ 1 pound orzo pasta) (rice-shaped
- ☐ 5 scallions thinly sliced

Equipment

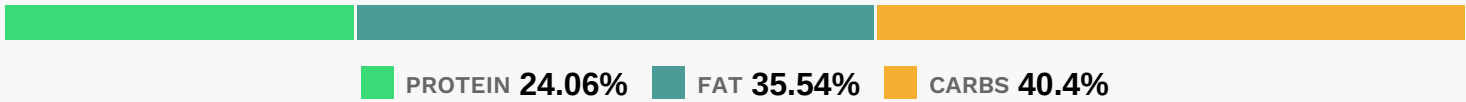
- ☐ bowl
- ☐ pot
- ☐ baking pan

- ☐ broiler
- ☐ colander

Directions

- ☐ Preheat broiler and lightly oil a flameproof 3-quart shallow baking dish (2 inches deep).
- ☐ Cook orzo in a 6-quart pot of boiling salted water until al dente. Reserve 3/4 cup pasta cooking water, then drain orzo in a colander. Toss hot orzo with remaining ingredients, reserved cooking water, and salt and pepper to taste in a large bowl until cheese is melted.
- ☐ Transfer orzo mixture to baking dish and broil 2 inches from heat until lightly browned, about 4 minutes.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:22.84, Inflammation Score:-6, Nutrition Score:20.122173879458%

Flavonoids

Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 575.1kcal (28.75%), Fat: 22.35g (34.39%), Saturated Fat: 10.44g (65.24%), Carbohydrates: 57.18g (19.06%), Net Carbohydrates: 54.5g (19.82%), Sugar: 2.59g (2.88%), Cholesterol: 66.28mg (22.09%), Sodium: 1081.34mg (47.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.05g (68.1%), Selenium: 66.8µg (95.43%), Phosphorus: 412.11mg (41.21%), Vitamin B1: 0.57mg (38.26%), Manganese: 0.76mg (37.9%), Copper: 0.57mg (28.45%), Vitamin B6: 0.51mg (25.38%), Vitamin B3: 5.02mg (25.09%), Zinc: 3.28mg (21.88%), Vitamin B2: 0.37mg (21.84%), Vitamin K: 21.46µg (20.43%), Magnesium: 63.1mg (15.77%), Iron: 2.54mg (14.08%), Potassium: 431.56mg (12.33%), Fiber: 2.68g (10.72%), Vitamin A: 490.17IU (9.8%), Vitamin B12: 0.58µg (9.61%), Vitamin B5: 0.95mg (9.51%), Calcium: 81.52mg (8.15%), Folate: 26.91µg (6.73%), Vitamin D: 0.7µg (4.69%), Vitamin E: 0.49mg (3.27%), Vitamin C: 1.88mg (2.28%)