



Orzo with Mint Salmoriglio Sauce

READY IN



22 min.

SERVINGS



4

CALORIES



534 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup flat-leaf parsley fresh italian chopped
- 0.5 cup mint leaves fresh chopped
- 3 cloves garlic finely minced smashed
- 0.5 cup juice of lemon fresh (from 2 large lemons)
- 2 lemon zest
- 0.5 cup olive oil extra-virgin
- 1 pound orzo pasta
- 0.5 cup pecorino cheese grated
- 4 servings salt and pepper black freshly ground

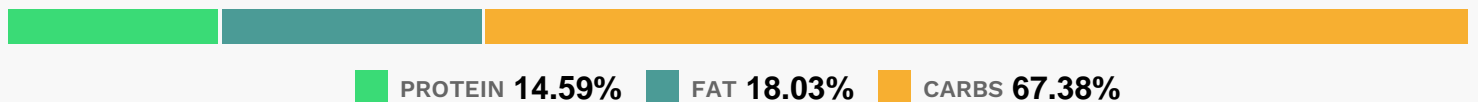
Equipment

- bowl
- frying pan
- sauce pan
- pot

Directions

- For the pasta: Bring a large pot of salted water to a boil over high heat.
- Add the pasta and cook until tender but still firm to the bite, stirring occasionally, 8 to 10 minutes.
- Drain and place in a serving bowl.
- Add the cheese and toss until coated.
- For the sauce: In a small saucepan, bring the olive oil, lemon juice, lemon zest, and garlic to a simmer over medium-low heat. Cook for 5 minutes.
- Remove the pan from the heat and stir in the mint and parsley.
- Pour the sauce over the cooked orzo, toss until coated, and season with salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:34.43, Inflammation Score:-7, Nutrition Score:21.531739023717%

Flavonoids

Eriodictyol: 3.23mg, Eriodictyol: 3.23mg, Eriodictyol: 3.23mg, Eriodictyol: 3.23mg Hesperetin: 4.98mg, Hesperetin: 4.98mg, Hesperetin: 4.98mg, Hesperetin: 4.98mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 11.1mg, Apigenin: 11.1mg, Apigenin: 11.1mg, Apigenin: 11.1mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 534.28kcal (26.71%), Fat: 10.67g (16.41%), Saturated Fat: 3.24g (20.22%), Carbohydrates: 89.68g (29.89%), Net Carbohydrates: 84.95g (30.89%), Sugar: 4.08g (4.53%), Cholesterol: 13mg (4.33%), Sodium: 162.34mg (7.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.43g (38.85%), Selenium: 73.86µg (105.52%), Vitamin K: 85.84µg (81.75%), Manganese: 1.17mg (58.53%), Phosphorus: 322.73mg (32.27%), Vitamin C: 24.81mg (30.08%), Fiber: 4.73g (18.9%), Magnesium: 75.24mg (18.81%), Calcium: 187.8mg (18.78%), Copper: 0.37mg (18.66%), Vitamin A: 716.1IU (14.32%), Zinc: 2.09mg (13.92%), Iron: 2.29mg (12.74%), Vitamin B6: 0.23mg (11.54%), Vitamin B3: 2.16mg (10.78%), Potassium: 369.95mg (10.57%), Folate: 41.87µg (10.47%), Vitamin B1: 0.13mg (8.62%), Vitamin B2: 0.14mg (8.46%), Vitamin E: 1.02mg (6.83%), Vitamin B5: 0.65mg (6.45%), Vitamin B12: 0.14µg (2.33%)