



Orzo with Mustard Greens

READY IN



30 min.

SERVINGS



4

CALORIES



414 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup asiago cheese freshly grated for garnish
- 4 servings pepper black freshly ground
- 2 tablespoons kosher salt plus more for serving
- 1 lemon zest grated
- 1 pound mustard greens green red chopped (mustard, baby spinach, or mild arugula may be substituted)
- 1.5 cups orzo pasta
- 3 tablespoons butter unsalted

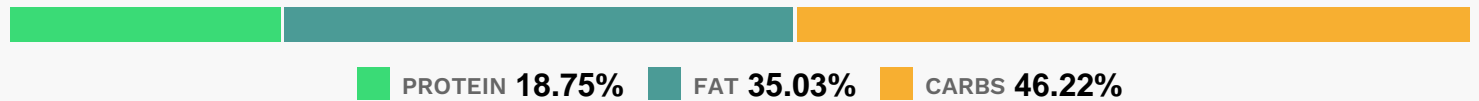
Equipment

pot

Directions

- Watch how to make this recipe.
- Bring a large pot of water to a boil over high heat.
- Add 2 tablespoons salt. When the water returns to a boil, stir in the orzo and cook until al dente, about 6 to 7 minutes.
- Drain well.
- Return the cooked orzo to the pot, stir in the butter, and place over high heat.
- Add the mustard greens and lemon zest and cook, stirring until the greens wilt, about 3 to 5 minutes. Season to taste with salt and pepper.
- Serve with the freshly grated cheese on top.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:17.65, Inflammation Score:-10, Nutrition Score:27.626086934753%

Flavonoids

Isorhamnetin: 18.37mg, Isorhamnetin: 18.37mg, Isorhamnetin: 18.37mg, Isorhamnetin: 18.37mg Kaempferol: 43.43mg, Kaempferol: 43.43mg, Kaempferol: 43.43mg, Kaempferol: 43.43mg Quercetin: 9.98mg, Quercetin: 9.98mg, Quercetin: 9.98mg, Quercetin: 9.98mg

Nutrients (% of daily need)

Calories: 413.55kcal (20.68%), Fat: 16.31g (25.09%), Saturated Fat: 9.67g (60.41%), Carbohydrates: 48.41g (16.14%), Net Carbohydrates: 42.8g (15.56%), Sugar: 3.27g (3.63%), Cholesterol: 39.58mg (13.19%), Sodium: 3916.04mg (170.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.64g (39.28%), Vitamin K: 293.95µg (279.95%), Vitamin C: 81.31mg (98.56%), Vitamin A: 3888.1IU (77.76%), Selenium: 42.33µg (60.46%), Calcium: 445.35mg (44.54%), Phosphorus: 348.44mg (34.84%), Manganese: 0.54mg (27.15%), Fiber: 5.61g (22.45%), Magnesium: 77.8mg (19.45%), Copper: 0.36mg (18.24%), Vitamin E: 2.64mg (17.63%), Potassium: 590.86mg (16.88%), Iron: 2.85mg (15.83%), Vitamin B6: 0.31mg (15.5%), Vitamin B2: 0.25mg (14.5%), Zinc: 1.79mg (11.92%), Vitamin B1: 0.15mg (10.18%), Vitamin B3: 1.94mg (9.71%), Folate: 26.01µg (6.5%), Vitamin B5: 0.61mg (6.12%), Vitamin B12: 0.32µg (5.3%), Vitamin D: 0.28µg (1.88%)