



Orzo with Pecorino and Mushrooms

READY IN



45 min.

SERVINGS



6

CALORIES



123 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon pepper black
- 1.5 tablespoons butter
- 0.3 cup chives minced
- 3 cups cremini mushrooms sliced
- 0.3 cup lower-sodium chicken broth fat-free
- 0.8 cup orzo pasta uncooked
- 0.3 cup pecorino romano cheese shaved
- 0.4 teaspoon salt
- 1 tablespoon balsamic vinegar white

Equipment

- frying pan

Directions

- Cook pasta according to package directions, omitting salt and fat.
- Melt butter in a large skillet over medium heat; cook 1 minute or until lightly browned.
- Add mushrooms, pepper, and salt. Cook 4 minutes or until mushrooms release their liquid, stirring frequently.
- Add broth and vinegar; stir in orzo and chives. Top with cheese.
- Garlicky Spinach Prepare base recipe through step Melt 1 tablespoon butter in skillet over medium heat; cook 1 minute or until browned.
- Add 4 cups spinach and 2 teaspoons minced garlic; cook 1 minute. Stir in orzo; 1 ounce grated Parmesan cheese; 1/4 cup fat-free, lower-sodium chicken broth; 1 tablespoon white balsamic vinegar; 3/8 teaspoon salt; and 1/4 teaspoon crushed red pepper. SERVES 6 (serving size: about 1/3 cup) CALORIES 48; FAT 81g (sat 04g); SODIUM 99mg
- Tarragon and Peas Prepare base recipe through step Melt 1 tablespoon butter in skillet over medium heat; cook 1 minute or until lightly browned.
- Add 2 1/2 cups frozen peas; cook 1 minute or until thoroughly heated. Stir in orzo; 1/4 cup fat-free, lower-sodium chicken broth; 2 tablespoons minced tarragon leaves; 1 tablespoon fresh lemon juice; 1/2 teaspoon black pepper; and 3/8 teaspoon salt. SERVES 6 (serving size: 1/2 cup) CALORIES 14; FAT 66g (sat 86g); SODIUM 21mg
- Sun-Dried Tomato and Basil Prepare base recipe through step
- Heat a skillet over medium heat.
- Add 1 1/2 tablespoons olive oil to pan.
- Add 1/4 cup finely chopped sun-dried tomatoes, 1/4 cup pine nuts, and 1 teaspoon minced garlic; cook 2 minutes. Stir in orzo, 1/2 cup minced basil, 1 tablespoon white balsamic vinegar, 1/2 teaspoon pepper, and 3/8 teaspoon salt. SERVES 6 (serving size: 1/2 cup) CALORIES 03; FAT 82g (sat 75g); SODIUM 09mg

Nutrition Facts



 PROTEIN 16%  FAT 31.24%  CARBS 52.76%

Properties

Glycemic Index:41, Glycemic Load:5.93, Inflammation Score:-2, Nutrition Score:6.3056521959927%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 122.59kcal (6.13%), Fat: 4.3g (6.61%), Saturated Fat: 2.57g (16.09%), Carbohydrates: 16.34g (5.45%), Net Carbohydrates: 15.44g (5.61%), Sugar: 1.58g (1.76%), Cholesterol: 11.86mg (3.95%), Sodium: 240.16mg (10.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.95g (9.9%), Selenium: 21.87µg (31.25%), Manganese: 0.26mg (12.76%), Vitamin B2: 0.21mg (12.15%), Copper: 0.24mg (12.05%), Phosphorus: 112.88mg (11.29%), Vitamin B3: 1.7mg (8.52%), Potassium: 237.68mg (6.79%), Vitamin B5: 0.65mg (6.5%), Calcium: 58.67mg (5.87%), Zinc: 0.78mg (5.23%), Magnesium: 16.26mg (4.07%), Vitamin K: 4.18µg (3.98%), Folate: 14.55µg (3.64%), Vitamin B6: 0.07mg (3.63%), Vitamin B1: 0.05mg (3.62%), Fiber: 0.9g (3.6%), Vitamin A: 178.22IU (3.56%), Iron: 0.48mg (2.69%), Vitamin B12: 0.09µg (1.48%), Vitamin C: 0.97mg (1.17%)