



WHATSheATE



HEALTH SCORE

69%

Orzo with Peppers and Asparagus



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



334 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound asparagus ends trimmed cut in thirds
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup mint leaves mixed fresh chopped
- ☐ 2 tablespoons garlic minced
- ☐ 0.8 teaspoon kosher salt
- ☐ 4 tablespoons olive oil extra-virgin divided
- ☐ 0.5 cup orange bell pepper thinly sliced
- ☐ 1 cup orzo pasta

- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 0.5 cup bell pepper red thinly sliced
- ☐ 0.5 cup bell pepper yellow thinly sliced

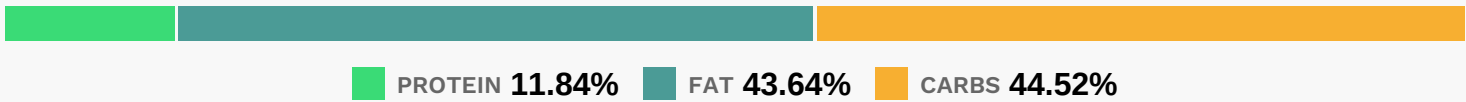
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook orzo according to package directions.
- ☐ Drain, rinse, and transfer to a large serving bowl.
- ☐ Meanwhile, heat 2 tbsp. olive oil in a large frying pan over high heat.
- ☐ Add peppers, garlic, and asparagus and cook, stirring often, until vegetables are softened and starting to brown, about 3 minutes.
- ☐ Add warm pepper mixture to cooked orzo, then add herbs, cheese, remaining 2 tbsp. oil, the salt, and pepper, stirring well.
- ☐ Serve with more parmesan on the side.

Nutrition Facts



Properties

Glycemic Index:58, Glycemic Load:12.79, Inflammation Score:-9, Nutrition Score:24.644347608737%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 16.21mg, Quercetin: 16.21mg, Quercetin: 16.21mg, Quercetin: 16.21mg

Nutrients (% of daily need)

Calories: 334.21kcal (16.71%), Fat: 16.66g (25.63%), Saturated Fat: 3.09g (19.3%), Carbohydrates: 38.24g (12.75%), Net Carbohydrates: 33.47g (12.17%), Sugar: 4.77g (5.31%), Cholesterol: 5.44mg (1.81%), Sodium: 554.87mg (24.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.17g (20.34%), Vitamin C: 94.44mg (114.48%), Vitamin K: 119.34µg (113.66%), Vitamin A: 2431.84IU (48.64%), Selenium: 29.17µg (41.67%), Manganese: 0.68mg (34.09%), Vitamin E: 3.99mg (26.61%), Folate: 93.91µg (23.48%), Iron: 3.58mg (19.91%), Phosphorus: 192.11mg (19.21%), Fiber: 4.77g (19.08%), Copper: 0.37mg (18.55%), Vitamin B6: 0.35mg (17.73%), Vitamin B1: 0.23mg (15.62%), Vitamin B2: 0.25mg (14.62%), Potassium: 480.98mg (13.74%), Magnesium: 47.74mg (11.94%), Vitamin B3: 2.36mg (11.8%), Calcium: 108.38mg (10.84%), Zinc: 1.63mg (10.84%), Vitamin B5: 0.68mg (6.83%), Vitamin B12: 0.08µg (1.41%)