



Orzo With Pesto Mayonnaise And Broccoli

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



146 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 3 cups broccoli florets
- ☐ 0.3 cup mayonnaise low-fat
- ☐ 0.8 cup orzo pasta) (rice-shaped uncooked
- ☐ 3 tablespoons commercial pesto
- ☐ 0.3 cup bell pepper diced red
- ☐ 0.5 teaspoon salt

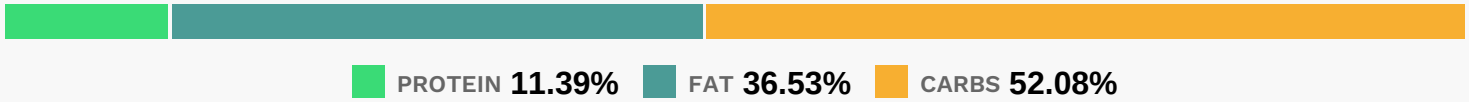
Equipment

- ☐ bowl
- ☐ steamer basket

Directions

- ☐ Cook orzo according to package directions, omitting salt and fat. Rinse and drain well.
- ☐ Arrange broccoli in a steamer basket over boiling water. Cover and steam 3 minutes or until crisp-tender.
- ☐ Combine mayonnaise and next 3 ingredients in a bowl, stirring well.
- ☐ Combine orzo, broccoli, red pepper, and pesto mixture in a large bowl.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:6.33, Inflammation Score:-6, Nutrition Score:10.330869622852%

Flavonoids

Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 145.93kcal (7.3%), Fat: 6.02g (9.25%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 19.3g (6.43%), Net Carbohydrates: 17.21g (6.26%), Sugar: 2.31g (2.56%), Cholesterol: 2.59mg (0.86%), Sodium: 383.31mg (16.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.44%), Vitamin C: 51.18mg (62.04%), Vitamin K: 53.59µg (51.03%), Selenium: 13.32µg (19.03%), Manganese: 0.28mg (14.17%), Vitamin A: 702.78IU (14.06%), Folate: 36.35µg (9.09%), Fiber: 2.09g (8.35%), Phosphorus: 69.55mg (6.96%), Vitamin B6: 0.13mg (6.54%), Potassium: 207.51mg (5.93%), Magnesium: 20.81mg (5.2%), Vitamin E: 0.78mg (5.2%), Vitamin B2: 0.07mg (4.21%), Copper: 0.08mg (4.05%), Calcium: 39.03mg (3.9%), Iron: 0.68mg (3.77%), Vitamin B5: 0.38mg (3.76%), Vitamin B1: 0.05mg (3.65%), Vitamin B3: 0.69mg (3.46%), Zinc: 0.48mg (3.21%)