



WHATSHEATE



HEALTH SCORE

64%

Orzo with Ricotta and Broccoli Rabe



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



420 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound broccoli rinsed ends trimmed coarsely chopped
- ☐ 1 teaspoon chili flakes hot
- ☐ 2 tablespoons garlic minced
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 15 oz ricotta cheese low-fat
- ☐ 2 teaspoons olive oil
- ☐ 1 pound orzo pasta dried
- ☐ 6 servings salt and pepper

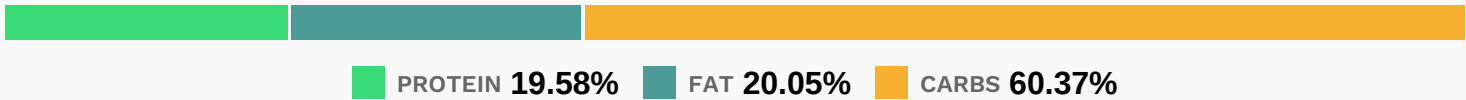
Equipment

☐ frying pan

Directions

- ☐ In a 5- to 6-quart pan over high heat, bring about 3 quarts water to a boil.
- ☐ Add orzo and cook, stirring occasionally, until tender to bite, 7 to 12 minutes.
- ☐ Drain, reserving 1 1/2 cups pasta-cooking water. Return orzo to pan.
- ☐ Meanwhile, heat oil in a 10- to 12-inch frying pan over medium heat.
- ☐ Add garlic; stir until fragrant but not brown, 1 to 2 minutes.
- ☐ Add chili flakes and broccoli rabe; stir 3 to 4 minutes.
- ☐ Add 1 cup of reserved water; simmer until greens are tender to bite, 6 to 8 minutes.
- ☐ Add broccoli rabe mixture to orzo with ricotta, olives, and remaining 1/2 cup reserved water; mix, adding salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:22.98, Inflammation Score:-9, Nutrition Score:24.791739006405%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 419.77kcal (20.99%), Fat: 9.37g (14.42%), Saturated Fat: 4.07g (25.46%), Carbohydrates: 63.51g (21.17%), Net Carbohydrates: 58.69g (21.34%), Sugar: 2.61g (2.9%), Cholesterol: 21.97mg (7.32%), Sodium: 405.56mg (17.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.6g (41.2%), Vitamin K: 171.19µg (163.04%), Selenium: 60.87µg (86.95%), Manganese: 1.05mg (52.48%), Vitamin A: 2375.53IU (47.51%), Phosphorus: 333.07mg (33.31%), Calcium: 299.28mg (29.93%), Folate: 85.91µg (21.48%), Vitamin C: 16.11mg (19.52%), Fiber: 4.82g (19.27%), Zinc: 2.65mg (17.64%), Magnesium: 69.12mg (17.28%), Iron: 3.05mg (16.96%), Vitamin B2: 0.28mg (16.5%), Copper: 0.29mg (14.63%), Vitamin B6: 0.29mg (14.63%), Vitamin B1: 0.21mg (14.18%), Vitamin E: 1.89mg (12.62%), Potassium:

424.96mg (12.14%), Vitamin B3: 2.33mg (11.67%), Vitamin B5: 0.76mg (7.61%), Vitamin B12: 0.21µg (3.43%)