



Orzo with Shrimp and Tiny Peas

READY IN



35 min.

SERVINGS



4

CALORIES



414 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon tarragon leaves fresh chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 lemon zest fresh divided
- ☐ 2.5 cups lower-sodium chicken broth
- ☐ 1 cup orzo pasta) (rice-shaped uncooked
- ☐ 0.5 cup parmesan cheese fresh grated
- ☐ 2 cups peas green frozen thawed
- ☐ 1 large shallots finely chopped

- ☐ 1 pound shrimp frozen dry thawed cooked drained
- ☐ 2 tablespoons butter unsalted

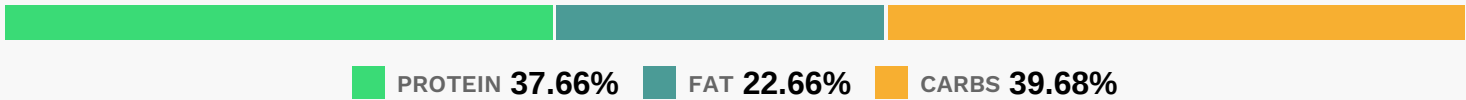
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat a large saucepan over high heat.
- ☐ Add broth to pan; bring to a boil. Stir in orzo; reduce heat, and simmer, partially covered, until pasta is al dente and most of the liquid is absorbed (about 10 minutes), stirring occasionally.
- ☐ Heat butter in a medium nonstick skillet over medium heat; stir in shallot and zest. Cook until shallot is softened (about 3 minutes), stirring frequently.
- ☐ Add peas; cook until peas are bright green (about 2 minutes), stirring occasionally.
- ☐ Remove skillet from heat; stir in lemon juice, chopped tarragon, salt, and pepper.
- ☐ Transfer pea mixture to a plate.
- ☐ Add shrimp and orzo to skillet; cook until heated through (about 4 minutes), stirring frequently.
- ☐ Add Parmesan to pan; stir until creamy. Stir in pea mixture.
- ☐ Transfer to 4 bowls, and garnish with tarragon leaves and thinly sliced lemon zest, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:61.33, Glycemic Load:14.95, Inflammation Score:-7, Nutrition Score:20.012173927349%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 414.27kcal (20.71%), Fat: 10.49g (16.14%), Saturated Fat: 5.95g (37.22%), Carbohydrates: 41.33g (13.78%), Net Carbohydrates: 35.63g (12.96%), Sugar: 5.9g (6.55%), Cholesterol: 206.12mg (68.71%), Sodium: 764.1mg (33.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.23g (78.47%), Phosphorus: 490.2mg (49.02%), Manganese: 0.85mg (42.41%), Vitamin C: 33.28mg (40.34%), Selenium: 28.05µg (40.07%), Copper: 0.7mg (35.2%), Potassium: 955.39mg (27.3%), Calcium: 271.32mg (27.13%), Magnesium: 97.07mg (24.27%), Fiber: 5.7g (22.8%), Zinc: 3.4mg (22.64%), Vitamin A: 901.72IU (18.03%), Vitamin K: 18.87µg (17.97%), Vitamin B1: 0.24mg (16.12%), Iron: 2.9mg (16.11%), Folate: 63.39µg (15.85%), Vitamin B6: 0.25mg (12.74%), Vitamin B3: 2.37mg (11.83%), Vitamin B2: 0.19mg (11.06%), Vitamin B5: 0.33mg (3.3%), Vitamin B12: 0.16µg (2.7%), Vitamin E: 0.34mg (2.27%), Vitamin D: 0.17µg (1.12%)