



## Orzo with Spinach and Feta

READY IN



45 min.

SERVINGS



8

CALORIES



197 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 4 ounces feta cheese crumbled
- 1 tablespoon juice of lemon fresh
- 1 teaspoon lemon rind grated
- 1 tablespoon olive oil extra-virgin
- 2 cups orzo pasta) (rice-shaped uncooked
- 0.5 teaspoon salt
- 5 cups pkt spinach coarsely chopped
- 5 cups water

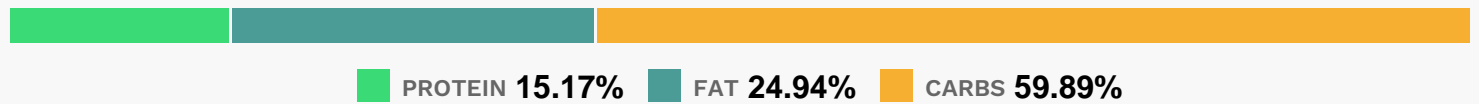
# Equipment

- bowl
- sauce pan

# Directions

- Bring water to a boil in a medium saucepan.
- Add orzo. Cook 10 minutes; drain. Rinse with cold water; drain.
- Combine pasta, spinach, and feta in a large bowl.
- Combine oil and remaining ingredients in a small bowl.
- Drizzle lemon mixture over pasta mixture; toss well to coat.

# Nutrition Facts



# Properties

Glycemic Index:12.63, Glycemic Load:11.49, Inflammation Score:-8, Nutrition Score:13.577391204627%

# Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

# Nutrients (% of daily need)

Calories: 197kcal (9.85%), Fat: 5.44g (8.37%), Saturated Fat: 2.24g (14.02%), Carbohydrates: 29.4g (9.8%), Net Carbohydrates: 27.76g (10.09%), Sugar: 1.14g (1.26%), Cholesterol: 12.62mg (4.21%), Sodium: 331.46mg (14.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.45g (14.9%), Vitamin K: 91.91µg (87.53%), Selenium: 26.02µg (37.17%), Vitamin A: 1818.24IU (36.36%), Manganese: 0.52mg (25.83%), Phosphorus: 128.01mg (12.8%), Folate: 48.07µg (12.02%), Vitamin B2: 0.18mg (10.47%), Calcium: 101.31mg (10.13%), Magnesium: 39.01mg (9.75%), Copper: 0.16mg (8.08%), Vitamin C: 6.32mg (7.66%), Vitamin B6: 0.15mg (7.56%), Zinc: 1.05mg (7.02%), Fiber: 1.64g (6.58%), Iron: 1.1mg (6.12%), Potassium: 199.42mg (5.7%), Vitamin B1: 0.07mg (4.72%), Vitamin E: 0.7mg (4.69%), Vitamin B3: 0.92mg (4.58%), Vitamin B12: 0.24µg (3.99%), Vitamin B5: 0.31mg (3.14%)