



Orzo with Spinach and Red Peppers

 Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



237 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 clove garlic chopped
- 2 tablespoons olive oil
- 1 onion chopped
- 2.5 cups orzo pasta
- 0.3 cup parmesan grated
- 1 bell pepper red seeded chopped
- 8 servings salt and pepper
- 10 oz pkt spinach frozen dry thawed chopped

Equipment

- frying pan
- pot

Directions

- Bring a large pot of salted water to a boil.
- Add orzo and bring back to a boil. Cook, stirring often, until tender, about 7 minutes.
- While orzo cooks, warm 1 Tbsp. oil in a medium skillet over medium-high heat.
- Add onion and bell pepper and cook, stirring often, until tender, about 8 minutes. Stir in garlic and cook 1 minute longer.
- Drain orzo and return to pot.
- Add remaining 1 Tbsp. oil to orzo and stir to mix. Stir in onion-and-red-pepper mixture and spinach. Season with salt and pepper. Stir over medium-low heat until warmed through, about 2 minutes.
- Sprinkle with Parmesan and serve.

Nutrition Facts

 **PROTEIN 14.83%**  **FAT 19.92%**  **CARBS 65.25%**

Properties

Glycemic Index:19.75, Glycemic Load:14.6, Inflammation Score:-10, Nutrition Score:19.462608657777%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 237.3kcal (11.86%), Fat: 5.28g (8.12%), Saturated Fat: 1.16g (7.22%), Carbohydrates: 38.9g (12.97%), Net Carbohydrates: 35.82g (13.02%), Sugar: 2.72g (3.02%), Cholesterol: 2.13mg (0.71%), Sodium: 274.17mg (11.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.84g (17.68%), Vitamin K: 134.82µg (128.4%), Vitamin A: 4645.78IU (92.92%), Selenium: 32.59µg (46.56%), Manganese: 0.72mg (36.06%), Vitamin C: 22.12mg (26.82%),

Folate: 69.51µg (17.38%), Magnesium: 56.06mg (14.01%), Phosphorus: 136.07mg (13.61%), Fiber: 3.08g (12.33%),
Vitamin E: 1.83mg (12.19%), Copper: 0.2mg (9.83%), Calcium: 97.59mg (9.76%), Vitamin B6: 0.19mg (9.74%),
Potassium: 283.06mg (8.09%), Vitamin B2: 0.13mg (7.92%), Iron: 1.43mg (7.92%), Zinc: 1.01mg (6.74%), Vitamin B1:
0.09mg (6.12%), Vitamin B3: 1.15mg (5.75%), Vitamin B5: 0.32mg (3.16%)