



HEALTH SCORE

100%

Orzo with Spinach and Tomatoes



Vegetarian



Dairy Free



Very Healthy

READY IN



27 min.

SERVINGS



4

CALORIES



191 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 24 basil leaves thinly sliced
- ☐ 1 pint cherry tomatoes halved
- ☐ 1.5 cups orzo pasta cooked
- ☐ 2 lemon zest
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 4 servings salt and pepper
- ☐ 1 pound pkt spinach dried washed

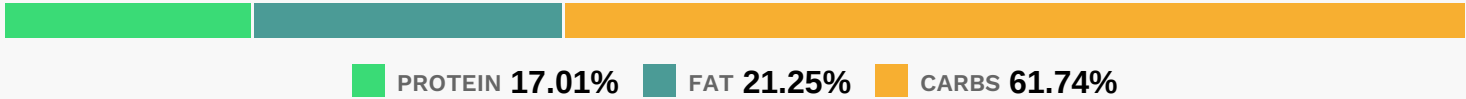
Equipment

- ☐ bowl
- ☐ knife
- ☐ mixing bowl

Directions

- ☐ Pile spinach leaves in stacks 1 on top of the other. Thinly slice stacks of leaves to make spinach confetti. Pile shredded spinach into the bottom of a medium sized mixing bowl. Halve grape or cherry tomatoes with a paring knife and add them to the mixing bowl.
- ☐ Add the zest of 2 lemons to the bowl and save the lemons in the refrigerator to juice for another recipe.
- ☐ Add hot cooked and drained orzo pasta to the mixing bowl. The heat of the pasta will wilt the spinach and warm the tomatoes at the bottom of the bowl and get the juices flowing from veggies. The heat of the pasta will also release the flavor and oils in the lemon zest.
- ☐ Drizzle 1 tablespoon extra-virgin olive oil over the pasta and toss to combine the veggies and orzo.
- ☐ Add basil and salt and pepper and toss to combine. Taste your orzo to adjust seasonings and serve.

Nutrition Facts



Properties

Glycemic Index:37.63, Glycemic Load:10.42, Inflammation Score:-10, Nutrition Score:29.012174025826%

Flavonoids

Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Kaempferol: 7.25mg, Kaempferol: 7.25mg, Kaempferol: 7.25mg, Kaempferol: 7.25mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 5.33mg, Quercetin: 5.33mg, Quercetin: 5.33mg, Quercetin: 5.33mg

Nutrients (% of daily need)

Calories: 191.07kcal (9.55%), Fat: 4.75g (7.31%), Saturated Fat: 0.7g (4.36%), Carbohydrates: 31.04g (10.35%), Net Carbohydrates: 26.1g (9.49%), Sugar: 3.95g (4.39%), Cholesterol: 0mg (0%), Sodium: 297.43mg (12.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.55g (17.11%), Vitamin K: 563.09µg (536.28%), Vitamin A: 11339.9IU (226.8%), Vitamin C: 63.14mg (76.53%), Manganese: 1.4mg (69.76%), Folate: 242.3µg (60.58%), Selenium: 20.27µg (28.95%), Magnesium: 114.84mg (28.71%), Iron: 4.9mg (27.2%), Potassium: 933.45mg (26.67%), Vitamin E: 3.54mg

(23.58%), Fiber: 4.94g (19.77%), Vitamin B6: 0.36mg (17.89%), Copper: 0.32mg (15.92%), Vitamin B2: 0.26mg (15.21%), Calcium: 138.61mg (13.86%), Phosphorus: 131.06mg (13.11%), Vitamin B1: 0.15mg (9.85%), Vitamin B3: 1.76mg (8.82%), Zinc: 1.15mg (7.68%), Vitamin B5: 0.32mg (3.19%)