



Orzo with Tarragon and Peas

READY IN



45 min.

SERVINGS



6

CALORIES



144 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup lower-sodium chicken broth fat-free
- ☐ 0.8 cup orzo pasta uncooked
- ☐ 2.5 cups peas frozen
- ☐ 0.4 teaspoon salt
- ☐ 2 tablespoons tarragon leaves minced

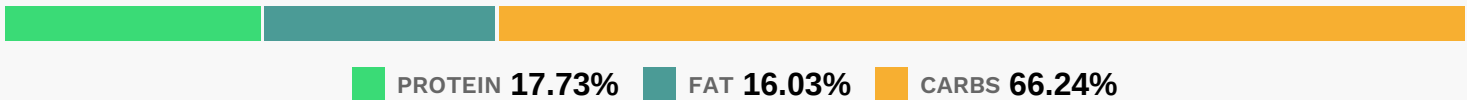
Equipment

☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Melt butter in skillet over medium heat; cook 1 minute or until lightly browned.
- ☐ Add peas; cook 1 minute or until thoroughly heated. Stir in orzo, chicken broth, tarragon, lemon juice, pepper, and salt.

Nutrition Facts



Properties

Glycemic Index:39.72, Glycemic Load:8.68, Inflammation Score:-6, Nutrition Score:10.406086872777%

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: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 143.71kcal (7.19%), Fat: 2.6g (4%), Saturated Fat: 1.34g (8.38%), Carbohydrates: 24.15g (8.05%), Net Carbohydrates: 19.89g (7.23%), Sugar: 3.99g (4.44%), Cholesterol: 5.02mg (1.67%), Sodium: 184.33mg (8.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.46g (12.93%), Vitamin C: 26.3mg (31.88%), Manganese: 0.63mg (31.37%), Selenium: 13.07µg (18.68%), Fiber: 4.27g (17.06%), Vitamin K: 15.44µg (14.7%), Folate: 49.64µg (12.41%), Vitamin A: 619.56IU (12.39%), Vitamin B1: 0.18mg (12.29%), Phosphorus: 109.01mg (10.9%), Iron: 1.91mg (10.59%), Magnesium: 38.46mg (9.61%), Vitamin B6: 0.19mg (9.33%), Vitamin B3: 1.8mg (8.98%), Copper: 0.18mg (8.95%), Potassium: 285.08mg (8.15%), Zinc: 1.11mg (7.4%), Vitamin B2: 0.12mg (7.28%), Calcium: 47.16mg (4.72%), Vitamin B5: 0.15mg (1.52%), Vitamin E: 0.16mg (1.06%)