



Orzo with Thyme and Lemon Zest

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



142 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups chicken stock see
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 1 garlic clove minced pressed
- ☐ 0.5 lemon zest
- ☐ 0.8 cup orzo pasta
- ☐ 1 pinch pepper flakes dried red
- ☐ 4 servings salt
- ☐ 2 cups water

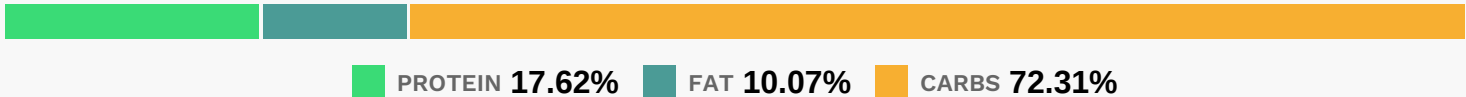
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Watch how to make this recipe.
- ☐ In a medium saucepan, add the stock, water, pepper flakes, and garlic and bring to a boil over high heat. Stir in the orzo, lower the heat, and simmer until most of the liquid has been absorbed, stirring occasionally, about 10 minutes.
- ☐ Remove from the heat, and stir in lemon zest and thyme leaves. Season with salt, to taste, and transfer to a serving bowl.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:8.68, Inflammation Score:-10, Nutrition Score:5.9282608479261%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 141.82kcal (7.09%), Fat: 1.57g (2.42%), Saturated Fat: 0.38g (2.4%), Carbohydrates: 25.41g (8.47%), Net Carbohydrates: 23.92g (8.7%), Sugar: 2.21g (2.46%), Cholesterol: 2.7mg (0.9%), Sodium: 330.99mg (14.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.19g (12.38%), Selenium: 19.87µg (28.39%), Manganese: 0.33mg (16.58%), Vitamin B3: 1.98mg (9.88%), Copper: 0.17mg (8.58%), Vitamin C: 6.99mg (8.47%), Phosphorus: 82.48mg (8.25%), Iron: 1.19mg (6.61%), Vitamin B2: 0.11mg (6.56%), Magnesium: 25.63mg (6.41%), Fiber: 1.49g (5.98%), Vitamin B6: 0.12mg (5.91%), Potassium: 183.27mg (5.24%), Zinc: 0.61mg (4.07%), Vitamin B1: 0.06mg (4.03%), Vitamin A: 176.84IU (3.54%), Calcium: 28.9mg (2.89%), Folate: 11.26µg (2.82%), Vitamin B5: 0.14mg (1.43%)