



Orzo with Tomatoes and Pesto

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



110 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 tablespoons green onions thinly sliced
- ☐ 0.7 cup orzo pasta) (rice-shaped uncooked
- ☐ 2.5 tablespoons pesto (such as Classico)
- ☐ 0.3 teaspoon salt
- ☐ 1 cup tomatoes seeded chopped

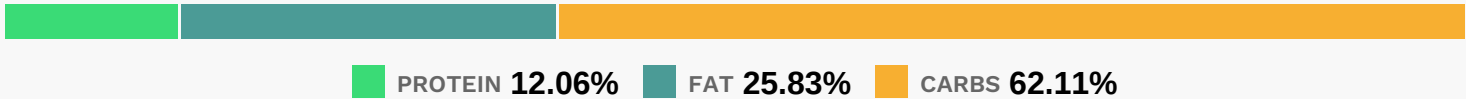
Equipment

- ☐ bowl

Directions

- ☐ Cook orzo according to package directions, omitting salt and fat.
- ☐ Drain and transfer to a serving bowl.
- ☐ Add pesto and remaining ingredients; toss well.

Nutrition Facts



Properties

Glycemic Index:28.8, Glycemic Load:6.38, Inflammation Score:-4, Nutrition Score:4.1604348161946%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 109.99kcal (5.5%), Fat: 3.15g (4.84%), Saturated Fat: 0.55g (3.41%), Carbohydrates: 17.02g (5.67%), Net Carbohydrates: 15.78g (5.74%), Sugar: 1.64g (1.82%), Cholesterol: 0.6mg (0.2%), Sodium: 189.68mg (8.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.61%), Selenium: 12.67µg (18.1%), Manganese: 0.24mg (11.81%), Vitamin K: 9.99µg (9.51%), Vitamin A: 435.87IU (8.72%), Vitamin C: 4.76mg (5.77%), Fiber: 1.24g (4.95%), Phosphorus: 46.44mg (4.64%), Copper: 0.08mg (3.99%), Magnesium: 14.77mg (3.69%), Potassium: 126.51mg (3.61%), Vitamin B6: 0.05mg (2.74%), Vitamin B3: 0.54mg (2.69%), Folate: 10.39µg (2.6%), Iron: 0.45mg (2.49%), Zinc: 0.35mg (2.32%), Calcium: 22.36mg (2.24%), Vitamin B1: 0.03mg (2.07%), Vitamin E: 0.2mg (1.36%), Vitamin B2: 0.02mg (1.22%), Vitamin B5: 0.12mg (1.17%)