





Orzo with Tomatoes, Basil, and Gorgonzola

READY IN




35 min.

SERVINGS



4

CALORIES



323 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pint cherry tomatoes halved
- 12 leaves basil fresh chopped
- 12 leaves basil fresh chopped
- 1 clove garlic minced
- 1 cup gorgonzola crumbled to taste
- 1.5 tablespoons olive oil
- 1 cup orzo pasta uncooked
- 1 onion red chopped
- 1.3 cups vegetable stock

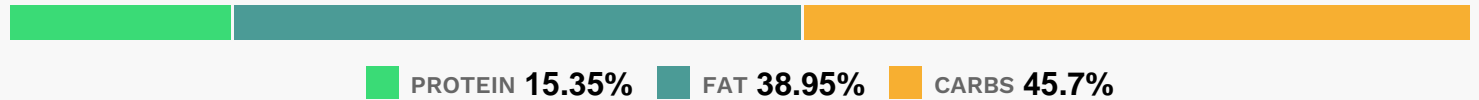
Equipment

- bowl
- sauce pan
- mixing bowl

Directions

- Heat 1 1/2 tablespoons of olive oil in a saucepan over medium heat. Stir in the orzo pasta; cook and stir until the orzo has lightly browned, 3 to 4 minutes. Stir in the onion, and cook until the onion begins to soften, about 3 minutes.
- Add 1 clove of garlic; cook until fragrant, about 30 seconds.
- Pour in the vegetable broth, and bring to a boil over high heat. Reduce heat to medium-low, and cover; simmer until the orzo is tender yet still a little firm to the bite, 12 to 14 minutes.
- In a mixing bowl, combine cherry tomatoes, 1/2 of the fresh basil, garlic, and remaining olive oil.
- Spoon the cooked orzo into a serving bowl. Top with tomato mixture, and sprinkle with Gorgonzola and remaining basil.

Nutrition Facts



Properties

Glycemic Index:77.75, Glycemic Load:12.52, Inflammation Score:-7, Nutrition Score:14.045217179734%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg

Nutrients (% of daily need)

Calories: 323.03kcal (16.15%), Fat: 14.1g (21.7%), Saturated Fat: 6.14g (38.39%), Carbohydrates: 37.24g (12.41%), Net Carbohydrates: 34.68g (12.61%), Sugar: 5.89g (6.55%), Cholesterol: 21.19mg (7.06%), Sodium: 635.34mg (27.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.5g (25.01%), Selenium: 28.64µg (40.92%), Vitamin C:

29.78mg (36.1%), Manganese: 0.55mg (27.65%), Phosphorus: 224.13mg (22.41%), Vitamin A: 1109.29IU (22.19%), Vitamin K: 19.76µg (18.82%), Calcium: 183.09mg (18.31%), Potassium: 465.89mg (13.31%), Vitamin B6: 0.24mg (12.03%), Copper: 0.23mg (11.65%), Magnesium: 41.88mg (10.47%), Vitamin E: 1.56mg (10.4%), Fiber: 2.56g (10.24%), Zinc: 1.53mg (10.17%), Folate: 39.59µg (9.9%), Vitamin B2: 0.17mg (9.82%), Iron: 1.57mg (8.75%), Vitamin B5: 0.85mg (8.47%), Vitamin B3: 1.62mg (8.1%), Vitamin B1: 0.1mg (6.65%), Vitamin B12: 0.34µg (5.74%)