



Orzo with Tomatoes, Feta, and Green Onions

READY IN



45 min.

SERVINGS



8

CALORIES



384 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 cups chicken broth
- ☐ 7 ounce feta cheese cut into 1/2-inch cubes (1 1/2 cups)
- ☐ 1 cup basil fresh chopped
- ☐ 2 cups grape tomatoes red yellow halved
- ☐ 1 cup green onions chopped
- ☐ 1 teaspoon honey
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup olive oil
- ☐ 1 pound orzo pasta (or riso)

- ☐ 0.5 cup pinenuts toasted
- ☐ 0.3 cup red wine vinegar

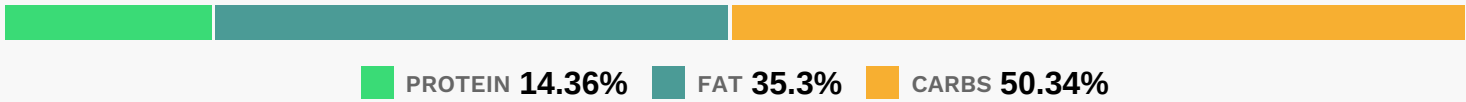
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk vinegar, lemon juice, and honey in small bowl. Gradually whisk in oil. Season vinaigrette with salt and pepper. (Can be made 2 days ahead. Cover and chill.)
- ☐ Bring broth to boil in large heavy saucepan. Stir in orzo, reduce heat to medium, cover partially, and boil until tender but still firm to bite, stirring occasionally.
- ☐ Drain.
- ☐ Transfer to large wide bowl, tossing frequently until cool.
- ☐ Mix tomatoes, feta, basil, and green onions into orzo.
- ☐ Add vinaigrette; toss to coat. Season with salt and pepper. (Can be made 2 hours ahead.
- ☐ Let stand at room temperature.)
- ☐ Add pine nuts; toss.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:32.66, Glycemic Load:18.25, Inflammation Score:-7, Nutrition Score:18.231304383796%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg,

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 383.62kcal (19.18%), Fat: 15.16g (23.32%), Saturated Fat: 4.28g (26.76%), Carbohydrates: 48.63g (16.21%), Net Carbohydrates: 45.67g (16.61%), Sugar: 4.67g (5.19%), Cholesterol: 25.6mg (8.53%), Sodium: 944.95mg (41.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.87g (27.74%), Manganese: 1.45mg (72.61%), Selenium: 40.41µg (57.73%), Vitamin K: 47.94µg (45.66%), Phosphorus: 262.5mg (26.25%), Vitamin B2: 0.39mg (22.75%), Copper: 0.36mg (17.76%), Magnesium: 66.76mg (16.69%), Calcium: 161.39mg (16.14%), Zinc: 2.32mg (15.49%), Vitamin A: 704.04IU (14.08%), Vitamin B1: 0.18mg (11.97%), Vitamin B6: 0.24mg (11.88%), Fiber: 2.96g (11.84%), Vitamin C: 9.55mg (11.58%), Vitamin B3: 2.28mg (11.42%), Vitamin E: 1.65mg (11.02%), Iron: 1.92mg (10.69%), Potassium: 362.81mg (10.37%), Folate: 37.41µg (9.35%), Vitamin B12: 0.45µg (7.57%), Vitamin B5: 0.58mg (5.81%)