



Orzo with Zucchini, Tomatoes, and Goat Cheese

READY IN



45 min.

SERVINGS



6

CALORIES



404 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black
- 14.5 ounce canned tomatoes diced with garlic and oregano canned
- 0.3 cup parsley fresh minced
- 1 garlic clove minced
- 2 ounces goat cheese crumbled
- 1 tablespoon olive oil divided
- 16 ounce orzo pasta) (rice-shaped
- 2 ounces parmesan cheese fresh grated

- 7 ounce roasted bell peppers diced red drained
- 0.5 teaspoon salt
- 2 medium zucchini thinly sliced quartered
- 1 teaspoon or dried fresh minced
- 1 teaspoon or dried fresh minced

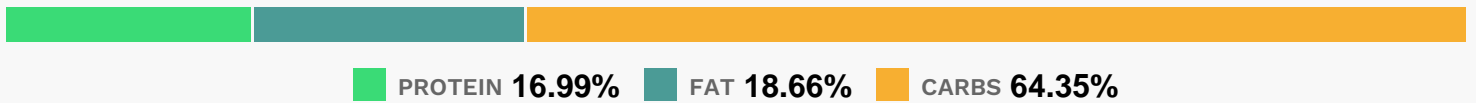
Equipment

- frying pan
- dutch oven

Directions

- Cook the pasta in a Dutch oven according to package directions, omitting salt and fat.
- Drain, and toss with 2 teaspoons olive oil.
- Heat 1 teaspoon oil in pan over medium heat.
- Add zucchini; cook 7 minutes, stirring frequently.
- Add garlic; cook 3 minutes, stirring frequently. Stir in parsley and next 5 ingredients (parsley through bell peppers). Cook 5 minutes or until thoroughly heated.
- Remove from heat; stir in pasta and cheeses.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:24.47, Inflammation Score:-8, Nutrition Score:20.913912972678%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 403.93kcal (20.2%), Fat: 8.43g (12.97%), Saturated Fat: 3.56g (22.26%), Carbohydrates: 65.45g (21.82%), Net Carbohydrates: 60.56g (22.02%), Sugar: 6.85g (7.61%), Cholesterol: 10.77mg (3.59%), Sodium: 934.49mg (40.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.28g (34.56%), Selenium: 50.89µg (72.7%), Manganese: 1.02mg (51.1%), Vitamin K: 49.4µg (47.04%), Vitamin C: 36.86mg (44.68%), Phosphorus: 288.37mg (28.84%), Copper: 0.5mg (25.01%), Vitamin B6: 0.42mg (20.82%), Fiber: 4.89g (19.54%), Calcium: 193.17mg (19.32%), Magnesium: 76.36mg (19.09%), Potassium: 616.31mg (17.61%), Vitamin A: 832.47IU (16.65%), Iron: 2.82mg (15.68%), Vitamin B3: 2.7mg (13.51%), Vitamin B2: 0.22mg (13.1%), Zinc: 1.9mg (12.67%), Folate: 49.11µg (12.28%), Vitamin B1: 0.17mg (11.38%), Vitamin E: 1.41mg (9.41%), Vitamin B5: 0.78mg (7.83%), Vitamin B12: 0.13µg (2.19%)