



Orzotto with Green and White Asparagus

READY IN



33 min.

SERVINGS



4

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound asparagus green trimmed cut into 1-inch pieces
- ☐ 0.3 teaspoon pepper black
- ☐ 3.5 cups chicken stock see unsalted
- ☐ 1 tablespoon flat-leaf parsley minced
- ☐ 1.3 cups green onions chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1.5 teaspoons lemon rind grated
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 1.5 cups orzo pasta uncooked

- ☐ 0.5 cup parmigiano-reggiano cheese divided grated
- ☐ 0.4 teaspoon salt
- ☐ 1 tablespoon butter unsalted
- ☐ 0.5 pound asparagus white trimmed cut into 1-inch pieces

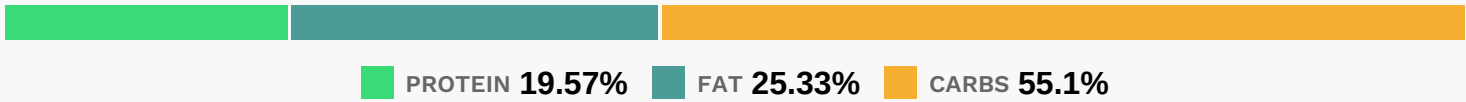
Equipment

- ☐ sauce pan

Directions

- ☐ Bring stock to a simmer in a saucepan (do not boil). Keep warm.
- ☐ Heat a saucepan over medium-low heat.
- ☐ Add butter and oil; swirl to coat.
- ☐ Add scallions; cook 7 minutes, stirring occasionally.
- ☐ Add orzo; cook 2 minutes, stirring frequently. Stir in rind, juice, salt, and pepper.
- ☐ Add 1/2 cup stock to pasta mixture; cook 2 1/2 minutes or until liquid is nearly absorbed, stirring frequently. Reserve 1 cup stock.
- ☐ Add remaining stock, 1/2 cup at a time, stirring frequently until each portion of stock is absorbed before adding the next (about 13 minutes). Stir in remaining 1 cup stock and asparagus; cook 7 minutes or until asparagus is tender, stirring occasionally.
- ☐ Remove from heat; stir in half of cheese.
- ☐ Sprinkle with remaining cheese and parsley.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:57.25, Glycemic Load:18.14, Inflammation Score:-9, Nutrition Score:24.746521908304%

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: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 19.21mg, Quercetin: 19.21mg, Quercetin: 19.21mg, Quercetin: 19.21mg

Nutrients (% of daily need)

Calories: 410.59kcal (20.53%), Fat: 11.66g (17.93%), Saturated Fat: 5.02g (31.35%), Carbohydrates: 57.04g (19.01%), Net Carbohydrates: 51.89g (18.87%), Sugar: 7.92g (8.8%), Cholesterol: 22.33mg (7.44%), Sodium: 730.3mg (31.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.26g (40.52%), Vitamin K: 130.6µg (124.38%), Selenium: 45.83µg (65.47%), Manganese: 0.77mg (38.31%), Phosphorus: 322.3mg (32.23%), Vitamin A: 1445.77IU (28.92%), Vitamin B3: 5.6mg (28.02%), Copper: 0.53mg (26.27%), Vitamin B2: 0.44mg (26.01%), Folate: 102.96µg (25.74%), Iron: 4.26mg (23.67%), Calcium: 219.99mg (22%), Vitamin B1: 0.31mg (20.72%), Fiber: 5.15g (20.6%), Vitamin C: 16.39mg (19.87%), Potassium: 685.92mg (19.6%), Vitamin B6: 0.35mg (17.3%), Magnesium: 66.97mg (16.74%), Zinc: 2.18mg (14.56%), Vitamin E: 1.99mg (13.27%), Vitamin B5: 0.65mg (6.5%), Vitamin B12: 0.16µg (2.6%)