



Parmesan Garlic Orzo

READY IN



25 min.

SERVINGS



4

CALORIES



277 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup butter
- 1 tablespoon parsley fresh chopped
- 2 tablespoons garlic minced
- 0.5 teaspoon salt and ground pepper black
- 2 tablespoons milk
- 1 cup orzo pasta
- 0.3 cup parmesan cheese

Equipment

frying pan

pot

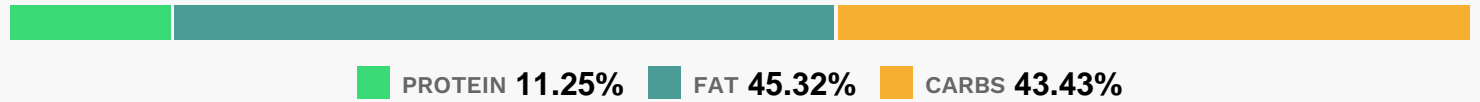
Directions

Bring a large pot of lightly salted water to a boil. Cook orzo in the boiling water, stirring occasionally until cooked through but firm to the bite, about 11 minutes.

Drain.

Melt butter in a skillet over medium heat; cook and stir garlic in melted butter until lightly browned, about 5 minutes. Stir orzo into garlic mixture and mix in Parmesan cheese, milk, salt, black pepper, and parsley.

Nutrition Facts



Properties

Glycemic Index:62.75, Glycemic Load:11.86, Inflammation Score:-4, Nutrition Score:7.4682608272718%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 276.8kcal (13.84%), Fat: 13.96g (21.48%), Saturated Fat: 8.57g (53.56%), Carbohydrates: 30.11g (10.04%), Net Carbohydrates: 28.73g (10.45%), Sugar: 1.47g (1.63%), Cholesterol: 35.65mg (11.88%), Sodium: 197.74mg (8.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.8g (15.6%), Selenium: 25.97µg (37.1%), Manganese: 0.45mg (22.29%), Vitamin K: 18.04µg (17.18%), Phosphorus: 132.32mg (13.23%), Calcium: 104.23mg (10.42%), Vitamin A: 501.48IU (10.03%), Magnesium: 25.74mg (6.43%), Copper: 0.13mg (6.36%), Vitamin B6: 0.12mg (5.76%), Fiber: 1.38g (5.52%), Zinc: 0.8mg (5.36%), Iron: 0.7mg (3.87%), Vitamin B2: 0.06mg (3.78%), Potassium: 128.93mg (3.68%), Vitamin B3: 0.71mg (3.56%), Vitamin B1: 0.05mg (3.35%), Vitamin C: 2.58mg (3.12%), Vitamin E: 0.4mg (2.67%), Vitamin B5: 0.26mg (2.65%), Vitamin B12: 0.14µg (2.33%), Folate: 9.3µg (2.32%)