



Parmesan Orzo

READY IN



15 min.

SERVINGS



2

CALORIES



255 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons approx cream cheese spread
- 0.3 cup spring onion chopped
- 2 tablespoons milk
- 0.7 cup orzo pasta uncooked
- 1 tablespoon parmesan cheese grated
- 0.1 teaspoon pepper
- 2 tablespoons pimientos diced
- 0.1 teaspoon salt

Equipment

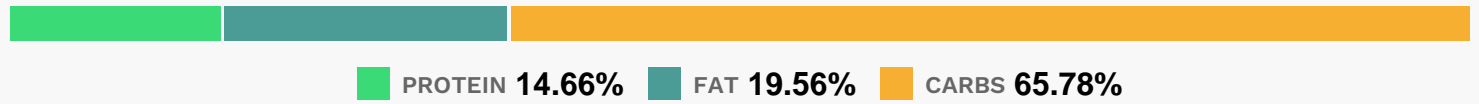
bowl

Directions

Cook pasta according to package directions, adding onions during the last 2 minutes of cooking time. Meanwhile, in a small bowl, beat the cream cheese, milk, Parmesan cheese, salt and pepper until smooth; stir in pimientos.

Drain pasta; add to cream cheese mixture and toss to coat.

Nutrition Facts



Properties

Glycemic Index:94.5, Glycemic Load:15.81, Inflammation Score:-6, Nutrition Score:10.783478280772%

Flavonoids

Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 254.55kcal (12.73%), Fat: 5.49g (8.45%), Saturated Fat: 3.05g (19.06%), Carbohydrates: 41.58g (13.86%), Net Carbohydrates: 39.17g (14.24%), Sugar: 3.44g (3.82%), Cholesterol: 13.9mg (4.63%), Sodium: 277.27mg (12.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.26g (18.53%), Selenium: 32.9µg (46.99%), Vitamin K: 36.37µg (34.64%), Manganese: 0.52mg (25.9%), Vitamin C: 18.73mg (22.71%), Vitamin A: 763.03IU (15.26%), Phosphorus: 135.01mg (13.5%), Fiber: 2.41g (9.64%), Copper: 0.17mg (8.51%), Magnesium: 33.78mg (8.44%), Calcium: 83.94mg (8.39%), Iron: 1.23mg (6.83%), Vitamin B6: 0.13mg (6.61%), Zinc: 0.98mg (6.51%), Potassium: 215.24mg (6.15%), Vitamin B3: 1.07mg (5.35%), Folate: 20.89µg (5.22%), Vitamin B2: 0.08mg (4.93%), Vitamin B1: 0.07mg (4.44%), Vitamin B5: 0.3mg (2.95%), Vitamin E: 0.29mg (1.96%), Vitamin B12: 0.11µg (1.91%), Vitamin D: 0.18µg (1.18%)