



Parmesan Orzo and Peas

READY IN



45 min.

SERVINGS



10

CALORIES



136 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup evaporated milk fat-free
- 14.5 ounce less-sodium chicken broth fat-free canned
- 1 teaspoon garlic minced
- 1 tablespoon butter
- 1 cup onion chopped
- 1 cup orzo pasta uncooked
- 0.5 cup parmesan cheese grated
- 1.3 cups peas frozen english
- 0.3 cup tomato bits dried packed (without oil)

0.8 cup water hot

Equipment

bowl

sauce pan

Directions

Combine tomato bits and hot water in a small bowl; let stand 10 minutes.

Drain and set aside.

Melt margarine in a saucepan over medium-high heat.

Add onion and garlic; saut 5 minutes or until tender.

Add orzo, and saut 3 minutes or until orzo is lightly browned.

Add broth, and bring to a boil. Cover, reduce heat, and simmer 12 to 15 minutes or until broth is absorbed and orzo is tender.

Stir in peas, cheese, and milk; cook over medium heat until cheese melts. Stir in tomato; serve immediately.

Nutrition Facts



PROTEIN 18% **FAT 25.87%** **CARBS 56.13%**

Properties

Glycemic Index:17.33, Glycemic Load:6.04, Inflammation Score:-4, Nutrition Score:7.0273912937745%

Flavonoids

Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 136.41kcal (6.82%), Fat: 3.97g (6.12%), Saturated Fat: 1.66g (10.4%), Carbohydrates: 19.41g (6.47%), Net Carbohydrates: 17.16g (6.24%), Sugar: 4.82g (5.35%), Cholesterol: 8mg (2.67%), Sodium: 289.49mg (12.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.22g (12.45%), Selenium: 13.07µg (18.68%), Manganese: 0.31mg (15.74%), Phosphorus: 128.2mg (12.82%), Vitamin C: 10.21mg (12.37%), Calcium: 95.62mg (9.56%), Fiber: 2.24g (8.97%), Potassium: 288.3mg (8.24%), Copper: 0.15mg (7.46%), Vitamin B2: 0.12mg (7.16%), Magnesium: 28.12mg

(7.03%), Vitamin B1: 0.1mg (6.62%), Vitamin B3: 1.24mg (6.22%), Vitamin K: 6.32µg (6.02%), Vitamin A: 294.49IU (5.89%), Zinc: 0.86mg (5.76%), Folate: 21.76µg (5.44%), Iron: 0.94mg (5.21%), Vitamin B6: 0.1mg (5.16%), Vitamin B5: 0.33mg (3.29%), Vitamin B12: 0.17µg (2.85%)