



Parmesan Orzo Pasta

READY IN



45 min.

SERVINGS



8

CALORIES



383 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup balsamic white
- ☐ 2 teaspoons basil dried
- ☐ 0.3 cup flat-leaf parsley finely chopped
- ☐ 1 clove garlic minced
- ☐ 0.3 cup olive oil
- ☐ 1 pound orzo pasta
- ☐ 1 cup parmesan shredded
- ☐ 2 cups peas frozen thawed
- ☐ 8 servings salt and pepper

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8 servings vinegar

Equipment

☐

bowl

☐

whisk

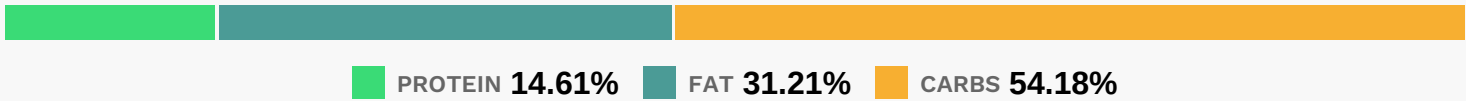
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pot

Directions

- ☐
- Cook orzo in a large pot of boiling salted water according to package directions. Two minutes before pasta is done, add peas. Cook until pasta is done and peas are tender.
- ☐
- Drain; pour into a bowl.
- ☐
- Whisk together garlic, basil, salt, pepper, vinegar, olive oil and parsley.
- ☐
- Pour dressing over hot pasta and sprinkle with Parmesan. Toss well to combine and serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:18.58, Inflammation Score:-6, Nutrition Score:14.838260905898%

Flavonoids

Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 383.31kcal (19.17%), Fat: 13.26g (20.4%), Saturated Fat: 3.48g (21.78%), Carbohydrates: 51.79g (17.26%), Net Carbohydrates: 47.75g (17.36%), Sugar: 5.17g (5.74%), Cholesterol: 8.5mg (2.83%), Sodium: 400.84mg (17.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.96g (27.93%), Selenium: 39.39µg (56.27%), Vitamin K: 49.72µg (47.35%), Manganese: 0.71mg (35.4%), Phosphorus: 235.61mg (23.56%), Vitamin C: 17.11mg (20.74%), Calcium: 178.35mg (17.83%), Fiber: 4.04g (16.18%), Magnesium: 50.38mg (12.59%), Copper: 0.24mg (12.06%), Zinc: 1.64mg (10.91%), Vitamin A: 534.78IU (10.7%), Vitamin B1: 0.15mg (10.33%), Iron: 1.77mg (9.85%), Vitamin E: 1.47mg (9.83%), Folate: 38.28µg (9.57%), Vitamin B3: 1.79mg (8.97%), Vitamin B6: 0.16mg (8.14%), Vitamin B2: 0.13mg

(7.57%), Potassium: 245.09mg (7%), Vitamin B5: 0.35mg (3.51%), Vitamin B12: 0.15µg (2.5%)