



Parmesan Orzo Primavera

READY IN



17 min.

SERVINGS



17

CALORIES



89 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 14 oz chicken broth canned
- 1 cup orzo pasta uncooked
- 0.3 cup parmesan cheese grated kraft
- 2.5 cups vegetables fresh such as broccoli, carrots, green onions, red peppers chopped

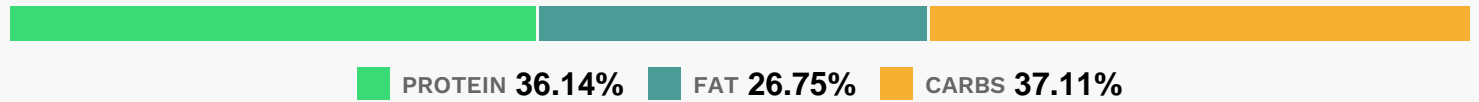
Equipment

- sauce pan

Directions

- Combine chicken broth and pasta in medium saucepan. Stir in 1/3 cup water. Bring to boil. Reduce heat to medium-low; cover and simmer 7 minutes.
- Add vegetables; mix well. Cook an additional 5 minutes.
- Remove from heat.
- Stir in Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:4.35, Glycemic Load:2.87, Inflammation Score:-3, Nutrition Score:4.7239130800185%

Flavonoids

Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 88.89kcal (4.44%), Fat: 2.6g (4%), Saturated Fat: 0.86g (5.36%), Carbohydrates: 8.12g (2.71%), Net Carbohydrates: 7.46g (2.71%), Sugar: 0.58g (0.64%), Cholesterol: 13.38mg (4.46%), Sodium: 149.73mg (6.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.91g (15.81%), Vitamin K: 31.02µg (29.54%), Selenium: 10.65µg (15.21%), Phosphorus: 70.27mg (7.03%), Zinc: 0.85mg (5.67%), Manganese: 0.11mg (5.31%), Vitamin B12: 0.26µg (4.33%), Vitamin A: 204.9IU (4.1%), Vitamin B3: 0.79mg (3.95%), Iron: 0.64mg (3.58%), Vitamin B6: 0.07mg (3.37%), Vitamin C: 2.76mg (3.35%), Calcium: 33.04mg (3.3%), Magnesium: 12.74mg (3.18%), Folate: 11.58µg (2.9%), Potassium: 99.59mg (2.85%), Vitamin B2: 0.05mg (2.77%), Fiber: 0.66g (2.66%), Copper: 0.05mg (2.51%), Vitamin E: 0.18mg (1.17%), Vitamin B1: 0.02mg (1.1%)