



Parsley Orzo

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



224 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

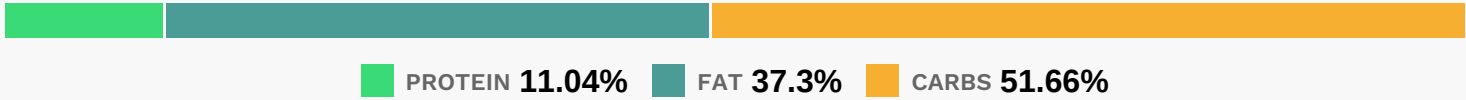
- ☐ 2 teaspoons parsley fresh chopped
- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 0.5 cup orzo pasta) (rice-shaped
- ☐ 2 tablespoons pinenuts toasted
- ☐ 0.1 teaspoon salt

Equipment

Directions

- ☐ Cook orzo according to package directions, omitting salt and fat.
- ☐ Drain. Stir in toasted pine nuts, chopped fresh parsley, olive oil, and salt.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:11.26, Inflammation Score:-3, Nutrition Score:8.4160869063243%

Flavonoids

Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 224.14kcal (11.21%), Fat: 9.41g (14.47%), Saturated Fat: 0.87g (5.44%), Carbohydrates: 29.32g (9.77%), Net Carbohydrates: 27.74g (10.09%), Sugar: 1.36g (1.51%), Cholesterol: 0mg (0%), Sodium: 147.89mg (6.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.26g (12.53%), Manganese: 1.22mg (61.23%), Selenium: 23.77µg (33.96%), Phosphorus: 128.43mg (12.84%), Copper: 0.24mg (12.03%), Magnesium: 45.03mg (11.26%), Vitamin E: 1.26mg (8.42%), Vitamin K: 8.27µg (7.88%), Zinc: 1.18mg (7.83%), Fiber: 1.57g (6.29%), Iron: 1.06mg (5.88%), Vitamin B3: 1.08mg (5.39%), Vitamin B1: 0.07mg (4.68%), Potassium: 143.93mg (4.11%), Vitamin B6: 0.06mg (3.14%), Vitamin B2: 0.05mg (2.66%), Folate: 10.3µg (2.58%), Vitamin B5: 0.19mg (1.93%)