



Pumpkin Orzo

READY IN



25 min.

SERVINGS



2

CALORIES



294 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon balsamic vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 0.8 cup pumpkin canned
- ☐ 1.3 cups chicken broth
- ☐ 0.5 teaspoon ginger fresh grated
- ☐ 1 teaspoon honey
- ☐ 0.5 cup orzo pasta
- ☐ 0.5 teaspoon salt

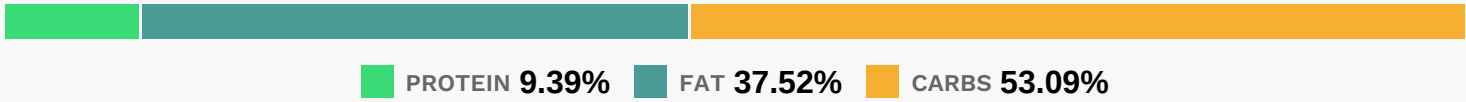
Equipment

☐ sauce pan

Directions

- ☐ In a medium saucepan, combine the chicken broth, pumpkin, butter, honey, balsamic vinegar, ginger, salt, and pepper. Bring to a boil over medium-heat, then add the orzo. Reduce the heat to low, and simmer, stirring frequently, until the orzo is tender, about 15 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:120.64, Glycemic Load:13.05, Inflammation Score:-10, Nutrition Score:13.713478300882%

Nutrients (% of daily need)

Calories: 294.05kcal (14.7%), Fat: 12.51g (19.24%), Saturated Fat: 7.46g (46.63%), Carbohydrates: 39.81g (13.27%), Net Carbohydrates: 35.8g (13.02%), Sugar: 7.93g (8.81%), Cholesterol: 33.04mg (11.01%), Sodium: 1224.02mg (53.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.04g (14.09%), Vitamin A: 14654.04IU (293.08%), Selenium: 24.85µg (35.5%), Manganese: 0.62mg (31.04%), Fiber: 4.01g (16.03%), Vitamin K: 16.54µg (15.75%), Copper: 0.24mg (11.94%), Phosphorus: 113.84mg (11.38%), Magnesium: 44.21mg (11.05%), Iron: 1.96mg (10.89%), Vitamin B2: 0.17mg (9.76%), Vitamin E: 1.41mg (9.37%), Potassium: 316.14mg (9.03%), Vitamin B3: 1.32mg (6.58%), Vitamin B1: 0.09mg (5.87%), Vitamin B5: 0.57mg (5.68%), Zinc: 0.82mg (5.46%), Vitamin B6: 0.11mg (5.41%), Vitamin C: 3.9mg (4.73%), Folate: 18.41µg (4.6%), Calcium: 44.54mg (4.45%)