



Refreshing Summer Orzo Salad

READY IN



35 min.

SERVINGS



8

CALORIES



558 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 tablespoons butter
- ☐ 2 ounce capers with liquid
- ☐ 4 cups chicken broth
- ☐ 0.5 teaspoon basil dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 12 ounces basil-flavored feta cheese
- ☐ 1.5 teaspoons garlic minced
- ☐ 1 cup kalamata olives pitted
- ☐ 1 tablespoon juice of lemon

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 16 ounce orzo pasta
- ☐ 1 cup pinenuts
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 10 ounce spinach leaves fresh chopped

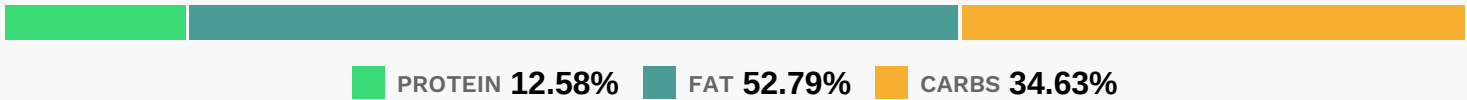
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Bring the chicken broth to a boil over high heat.
- ☐ Add the orzo pasta, and cook until al dente, 8 to 10 minutes.
- ☐ Drain well, then pour the orzo into a bowl, and toss with the butter to keep it from sticking; set aside.
- ☐ While the pasta is cooking, heat the olive oil in a skillet over medium heat. Stir in the garlic, and cook until the garlic softens and the aroma mellows, about 2 minutes. Stir in the basil, thyme, red pepper flakes, and pine nuts. Cook and stir until the pine nuts have toasted to a light golden brown.
- ☐ Stir the pine nut mixture into the orzo along with the olives, capers, feta cheese, spinach, and lemon juice.
- ☐ Serve either warm or cold, but it's better the next day.

Nutrition Facts



Properties

Glycemic Index:22.63, Glycemic Load:17.68, Inflammation Score:-10, Nutrition Score:30.348260625549%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 11.57mg, Kaempferol: 11.57mg, Kaempferol: 11.57mg, Kaempferol: 11.57mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 13.65mg, Quercetin: 13.65mg, Quercetin: 13.65mg, Quercetin: 13.65mg

Nutrients (% of daily need)

Calories: 558.15kcal (27.91%), Fat: 33.47g (51.49%), Saturated Fat: 9.32g (58.27%), Carbohydrates: 49.41g (16.47%), Net Carbohydrates: 45.33g (16.48%), Sugar: 2.95g (3.28%), Cholesterol: 45.84mg (15.28%), Sodium: 1430.17mg (62.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.94g (35.89%), Vitamin K: 189.52µg (180.5%), Manganese: 2.42mg (120.82%), Vitamin A: 3672.85IU (73.46%), Selenium: 43.52µg (62.17%), Phosphorus: 373.07mg (37.31%), Vitamin B2: 0.58mg (34.23%), Magnesium: 114.83mg (28.71%), Vitamin E: 4.26mg (28.38%), Calcium: 280.26mg (28.03%), Copper: 0.52mg (25.76%), Folate: 101.29µg (25.32%), Zinc: 3.43mg (22.89%), Iron: 3.38mg (18.8%), Vitamin B6: 0.36mg (18.15%), Fiber: 4.09g (16.35%), Vitamin B1: 0.24mg (15.82%), Potassium: 490.61mg (14.02%), Vitamin C: 11.33mg (13.73%), Vitamin B3: 2.75mg (13.73%), Vitamin B12: 0.75µg (12.44%), Vitamin B5: 0.76mg (7.58%), Vitamin D: 0.17µg (1.13%)