



Roasted Zucchini and Walnut Orzo

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



446 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons juice of lemon
- ☐ 2 teaspoons olive oil
- ☐ 2 cups orzo pasta dried
- ☐ 0.1 teaspoon pepper
- ☐ 0.1 teaspoon salt
- ☐ 4.8 cups vegetable broth
- ☐ 2 teaspoons walnut oil
- ☐ 0.5 cup walnut pieces coarsely chopped

☐ 1.3 pounds zucchini

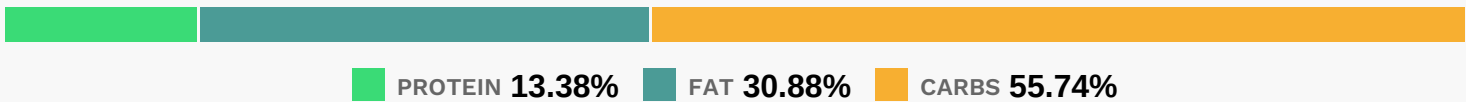
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Rinse and dry zucchini; cut each in half lengthwise, then cut crosswise into 1/4-inch-thick slices. In a bowl, mix zucchini with olive oil, 1/8 teaspoon salt, and 1/8 teaspoon pepper. Divide mixture equally between two baking sheets, each 12 by 15 inches, and spread zucchini in a single layer.
- ☐ Bake in a 400 regular or convection oven until zucchini is tender when pierced, 8 to 10 minutes.
- ☐ Pour back into bowl. Rinse and dry one baking sheet.
- ☐ Put walnut pieces on clean baking sheet and bake in a 350 oven until pale gold beneath skins, about 5 minutes.
- ☐ Meanwhile, in a 5- to 6-quart pan over high heat, bring broth to a boil.
- ☐ Add orzo, reduce heat, and simmer, stirring occasionally, until orzo is tender to bite and liquid is absorbed, about 10 minutes.
- ☐ Stir zucchini, walnuts, lemon juice, and walnut oil into orzo.
- ☐ Add more salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:23.17, Inflammation Score:-7, Nutrition Score:20.023478259211%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 445.94kcal (22.3%), Fat: 15.6g (24%), Saturated Fat: 1.69g (10.53%), Carbohydrates: 63.35g (21.12%), Net Carbohydrates: 58.51g (21.28%), Sugar: 6.52g (7.25%), Cholesterol: 0mg (0%), Sodium: 1191.44mg (51.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.21g (30.41%), Selenium: 54.34µg (77.63%), Manganese: 1.48mg (73.83%), Vitamin C: 28.47mg (34.5%), Copper: 0.58mg (28.89%), Phosphorus: 276.57mg (27.66%), Magnesium: 91.63mg (22.91%), Vitamin B6: 0.46mg (22.87%), Potassium: 691.17mg (19.75%), Fiber: 4.84g (19.34%), Vitamin B3: 3.59mg (17.95%), Folate: 66.06µg (16.51%), Vitamin B2: 0.26mg (15.18%), Zinc: 2.02mg (13.48%), Vitamin B1: 0.2mg (13.46%), Iron: 2.33mg (12.92%), Vitamin B5: 1.03mg (10.3%), Vitamin B12: 0.54µg (8.99%), Vitamin K: 8.17µg (7.78%), Calcium: 64.34mg (6.43%), Vitamin A: 287.21IU (5.74%), Vitamin E: 0.66mg (4.42%)