



Saffron Orzo

READY IN



45 min.

SERVINGS



6

CALORIES



315 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons butter
- 0.5 cup cooking wine dry white
- 2 cups fat-skimmed chicken broth
- 6 servings salt and fresh-ground pepperpepper
- 2 teaspoons thyme leaves fresh
- 2 tablespoons juice of lemon
- 2 teaspoons slivered lemon peelslivered lemon peel
- 12 ounces orzo pasta dried
- 0.5 cup parmesan cheese grated

- 0.3 teaspoon saffron threads crumbled
- 0.5 cup shallots chopped

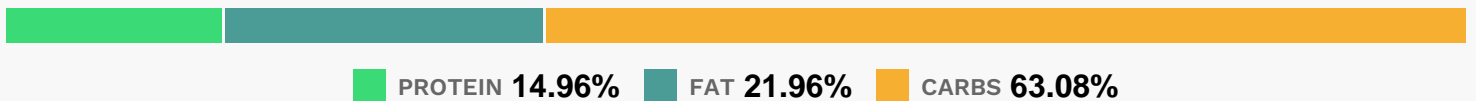
Equipment

- bowl
- frying pan

Directions

- In a glass measure, combine saffron and 1 cup hot water.
- Let stand for 20 minutes.
- Meanwhile, in a 3- to 4-quart pan over medium-high heat, melt butter. When it is foamy, add shallots and stir until limp, about 1 minute. Stir in orzo, thyme, and lemon peel. Stir often until some of the orzo is deep golden brown, about 5 minutes.
- Pour in broth, wine, and saffron water. Bring to a boil, then reduce heat to maintain a simmer. Cover and cook until liquid is absorbed and orzo is tender to bite, about 20 minutes.
- Stir in lemon juice, cheese, and salt and pepper to taste. Spoon into a serving bowl and serve immediately.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:18.02, Inflammation Score:-7, Nutrition Score:9.7926087029602%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 314.82kcal (15.74%), Fat: 7.31g (11.25%), Saturated Fat: 4.08g (25.5%), Carbohydrates: 47.23g (15.74%), Net Carbohydrates: 44.61g (16.22%), Sugar: 3.59g (3.99%), Cholesterol: 19.33mg (6.44%), Sodium: 453.55mg (19.72%), Alcohol: 2.06g (100%), Alcohol %: 1.36% (100%), Protein: 11.21g (22.41%), Selenium: 39.02µg (55.74%), Manganese: 0.62mg (31.21%), Phosphorus: 196.56mg (19.66%), Calcium: 117.71mg (11.77%), Fiber: 2.62g (10.5%), Magnesium: 41.94mg (10.48%), Copper: 0.2mg (10.2%), Vitamin B6: 0.18mg (9.11%), Zinc: 1.15mg (7.69%), Iron: 1.33mg (7.4%), Vitamin B3: 1.47mg (7.37%), Potassium: 247.82mg (7.08%), Vitamin C: 5.44mg (6.6%), Vitamin B2: 0.09mg (5.51%), Folate: 19.98µg (4.99%), Vitamin B1: 0.07mg (4.96%), Vitamin B5: 0.45mg (4.53%), Vitamin B12: 0.25µg (4.21%), Vitamin A: 189.68IU (3.79%), Vitamin E: 0.21mg (1.38%)