



Shrimp and Orzo Pilaf

READY IN



45 min.

SERVINGS



8

CALORIES



359 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup almonds divided toasted sliced
- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 1 cup carrots finely chopped
- ☐ 4 cups fat-skimmed beef broth fat-free
- ☐ 3 garlic clove minced
- ☐ 1 cup bell pepper green chopped
- ☐ 1 pound orzo pasta (rice-shaped uncooked)
- ☐ 1 cup bell pepper red chopped

- ☐ 1 teaspoon salt
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 0.3 cup sun-dried olives

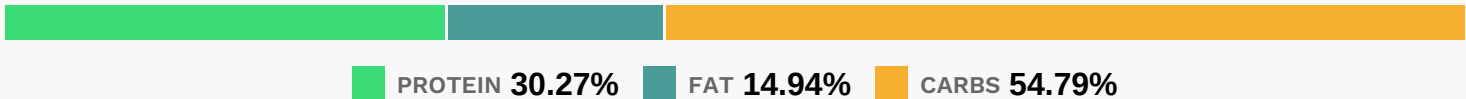
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Bring broth to a boil in a large Dutch oven; stir in orzo. Reduce heat; simmer 5 minutes, stirring frequently.
- ☐ Remove from heat and cover.
- ☐ Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add garlic; saut 1 minute.
- ☐ Add shrimp; saut for 2 minutes.
- ☐ Add carrot, bell peppers, tomato sprinkles, salt, and black pepper; cook 2 minutes or until shrimp are done and vegetables are tender, stirring frequently. Stir in 1/4 cup almonds.
- ☐ Combine shrimp mixture and orzo; sprinkle with remaining almonds.

Nutrition Facts



Properties

Glycemic Index:35.35, Glycemic Load:18.43, Inflammation Score:-10, Nutrition Score:20.033043384552%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol:

0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 358.85kcal (17.94%), Fat: 6.01g (9.24%), Saturated Fat: 1.4g (8.78%), Carbohydrates: 49.59g (16.53%), Net Carbohydrates: 45.44g (16.52%), Sugar: 5.23g (5.81%), Cholesterol: 140.69mg (46.9%), Sodium: 887.05mg (38.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.39g (54.78%), Vitamin A: 3399.3IU (67.99%), Selenium: 38.97µg (55.67%), Vitamin C: 41.46mg (50.25%), Manganese: 0.85mg (42.47%), Phosphorus: 357.95mg (35.8%), Copper: 0.65mg (32.65%), Magnesium: 89.59mg (22.4%), Potassium: 673.99mg (19.26%), Fiber: 4.15g (16.6%), Zinc: 2.33mg (15.57%), Vitamin E: 2.05mg (13.64%), Vitamin B3: 2.55mg (12.77%), Vitamin B6: 0.25mg (12.39%), Iron: 2.08mg (11.57%), Calcium: 101.49mg (10.15%), Vitamin B2: 0.17mg (10.15%), Vitamin B1: 0.12mg (8.17%), Folate: 29.78µg (7.44%), Vitamin B5: 0.61mg (6.1%), Vitamin K: 6.18µg (5.89%), Vitamin B12: 0.23µg (3.83%)