



Simple Orzo and Feta Salad

READY IN



45 min.

SERVINGS



8

CALORIES



214 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound orzo pasta cooked
- ☐ 1 cucumber diced english
- ☐ 1 cup feta cheese
- ☐ 2 juice of lime
- ☐ 0.3 cup olive oil
- ☐ 8 servings salt and pepper
- ☐ 2 cups pkt spinach
- ☐ 2 tomatoes diced

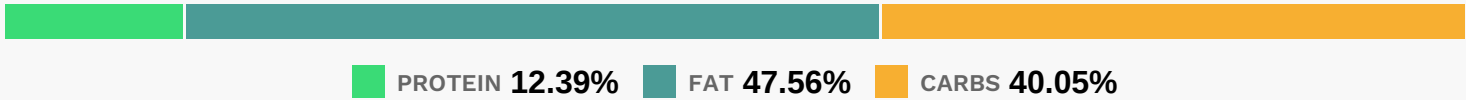
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a large bowl, place the cooked orzo, cucumber, tomatoes and feta cheese.In a small bowl whisk together the olive oil, lime juice, salt and pepper.
- ☐ Pour the dressing on top of the salad and toss to combine.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:18.19, Glycemic Load:8.54, Inflammation Score:-7, Nutrition Score:10.432608728823%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 213.7kcal (10.69%), Fat: 11.45g (17.61%), Saturated Fat: 3.55g (22.21%), Carbohydrates: 21.69g (7.23%), Net Carbohydrates: 19.91g (7.24%), Sugar: 1.91g (2.12%), Cholesterol: 16.69mg (5.56%), Sodium: 416.6mg (18.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.71g (13.42%), Vitamin K: 49.25µg (46.9%), Selenium: 17.98µg (25.68%), Vitamin A: 1081.67IU (21.63%), Manganese: 0.32mg (16.08%), Vitamin B2: 0.2mg (11.95%), Phosphorus: 117.18mg (11.72%), Vitamin C: 9.62mg (11.66%), Calcium: 114.14mg (11.41%), Vitamin E: 1.39mg (9.24%), Vitamin B6: 0.16mg (8.22%), Folate: 32.51µg (8.13%), Iron: 1.29mg (7.14%), Magnesium: 28.56mg (7.14%), Fiber: 1.77g (7.09%), Zinc: 1mg (6.68%), Potassium: 215.31mg (6.15%), Copper: 0.11mg (5.41%), Vitamin B12: 0.32µg (5.28%), Vitamin B1: 0.07mg (4.63%), Vitamin B5: 0.38mg (3.83%), Vitamin B3: 0.7mg (3.48%)