

Spiced Orzo Pilaf

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



250 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup carrots finely chopped
- ☐ 0.5 cup dates pitted chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup green onions finely chopped
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cumin

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup orange juice fresh
- ☐ 1 cup orzo pasta) (rice-shaped uncooked
- ☐ 0.3 teaspoon paprika
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups vegetable broth

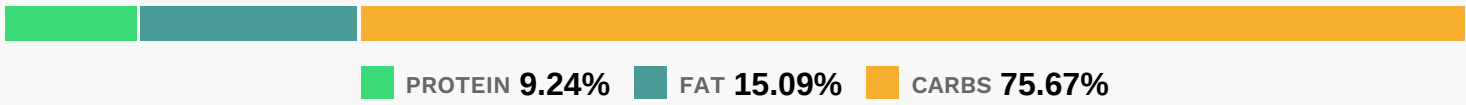
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a medium saucepan over low heat.
- ☐ Add cinnamon, cumin, and paprika; cook 1 minute or until fragrant. Increase heat to medium-high. Stir in broth, orzo, orange juice, and garlic; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until liquid is almost absorbed. Stir in dates and next 4 ingredients (through pepper); cook, uncovered, 2 minutes.
- ☐ Remove from heat; cover and let stand 5 minutes or until liquid is absorbed. Fluff with a fork. Stir in chopped carrot, fresh cilantro, and fresh lemon juice.

Nutrition Facts



Properties

Glycemic Index:97.21, Glycemic Load:20.32, Inflammation Score:-8, Nutrition Score:10.242173910141%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 4.25mg, Hesperetin: 4.25mg, Hesperetin: 4.25mg, Hesperetin: 4.25mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg

Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 250.3kcal (12.52%), Fat: 4.3g (6.61%), Saturated Fat: 0.61g (3.84%), Carbohydrates: 48.51g (16.17%), Net Carbohydrates: 45.13g (16.41%), Sugar: 16.68g (18.53%), Cholesterol: 0mg (0%), Sodium: 508.11mg (22.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.92g (11.85%), Selenium: 24.57µg (35.11%), Vitamin A: 1728.65IU (34.57%), Manganese: 0.49mg (24.42%), Vitamin C: 19.85mg (24.07%), Vitamin K: 17.66µg (16.82%), Fiber: 3.37g (13.5%), Phosphorus: 96.69mg (9.67%), Potassium: 328.08mg (9.37%), Copper: 0.18mg (8.94%), Magnesium: 35.1mg (8.77%), Vitamin B6: 0.14mg (6.8%), Folate: 26.15µg (6.54%), Iron: 1.04mg (5.79%), Vitamin B3: 1.15mg (5.73%), Vitamin B1: 0.09mg (5.71%), Vitamin E: 0.71mg (4.75%), Zinc: 0.68mg (4.52%), Vitamin B5: 0.38mg (3.77%), Vitamin B2: 0.06mg (3.45%), Calcium: 32.72mg (3.27%)