



 **100%**
HEALTH SCORE

Spinach and Basil Orzo

 Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



572 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 servings fistful basil leaves fresh chopped
- 1.8 cups chicken stock see
- 10 ounce pkt spinach frozen
- 2 teaspoons garlic crushed
- 1 juice of lemon juiced
- 2 tablespoons olive oil
- 1 pound orzo pasta
- 3 sprigs rosemary leaves removed chopped

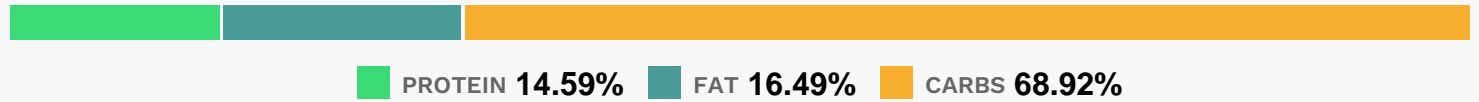
1 medium onion sweet chopped

Equipment

Directions

- Saute garlic and onion in olive oil over medium-high heat for 3 minutes until slightly tender.
- Add orzo and chicken stock, cover and cook for about 3 minutes on medium heat.
- Add basil and rosemary and cover and let simmer for about 5 minutes until all liquid has evaporated. Turn heat to low add lemon juice and spinach, stir to combine and cook for 1 minute until spinach is heated through.
- Serve and Enjoy!

Nutrition Facts



Properties

Glycemic Index:59.38, Glycemic Load:34.28, Inflammation Score:-10, Nutrition Score:31.662608934485%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg Quercetin: 12.09mg, Quercetin: 12.09mg, Quercetin: 12.09mg, Quercetin: 12.09mg

Nutrients (% of daily need)

Calories: 571.67kcal (28.58%), Fat: 10.49g (16.13%), Saturated Fat: 1.66g (10.35%), Carbohydrates: 98.63g (32.88%), Net Carbohydrates: 91.98g (33.45%), Sugar: 9.44g (10.48%), Cholesterol: 3.15mg (1.05%), Sodium: 216.62mg (9.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.88g (41.76%), Vitamin K: 276.76µg (263.58%), Vitamin A: 8423.61IU (168.47%), Selenium: 78.88µg (112.69%), Manganese: 1.65mg (82.62%), Folate: 149.59µg (37.4%), Magnesium: 127.08mg (31.77%), Phosphorus: 303.93mg (30.39%), Copper: 0.55mg (27.35%), Fiber: 6.65g (26.6%), Vitamin B6: 0.48mg (24.06%), Vitamin E: 3.26mg (21.73%), Potassium: 725.73mg (20.74%), Vitamin B3: 4.09mg (20.45%), Vitamin B2: 0.34mg (19.82%), Iron: 3.43mg (19.04%), Vitamin B1: 0.25mg (16.35%), Zinc: 2.29mg (15.26%), Calcium: 143.4mg (14.34%), Vitamin C: 11.34mg (13.74%), Vitamin B5: 0.66mg (6.58%)