



Spinach and Orzo Salad

 Popular

READY IN



45 min.

SERVINGS



8

CALORIES



213 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ounces baby spinach leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pound orzo pasta cooked
- ☐ 0.3 cup mint leaves fresh finely chopped
- ☐ 2 cloves garlic thinly sliced
- ☐ 4 ounces haloumi cheese chopped
- ☐ 1 juice of lemon
- ☐ 1 cup kalamata olives pitted roughly chopped

- ☐ 3 tablespoons olive oil
- ☐ 0.3 cup onion red thinly sliced
- ☐ 0.3 teaspoon salt

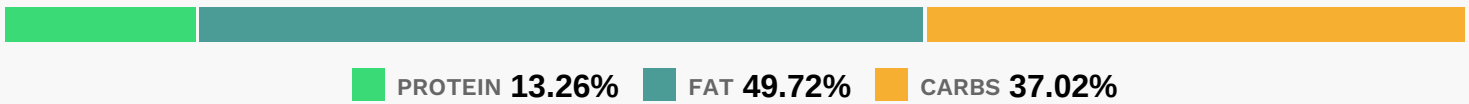
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a small pan, warm oil overmedium–low heat. Sauté garlicuntil lightly golden, 1 to 2minutes.
- ☐ Transfer garlic andwhatever oil remains in the panto a bowl.
- ☐ Add 3 tablespoons juice,2 teaspoons zest, salt and pepper;whisk to combine.
- ☐ Add spinachand toss lightly.
- ☐ Add orzo,olives, cheese, onion and mint.Toss to combine; serve.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:21.19, Glycemic Load:8.24, Inflammation Score:-8, Nutrition Score:10.151304400485%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.69mg, Hesperetin: 0.69mg, Hesperetin: 0.69mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 213.46kcal (10.67%), Fat: 11.93g (18.36%), Saturated Fat: 3.59g (22.46%), Carbohydrates: 20g (6.67%), Net Carbohydrates: 17.85g (6.49%), Sugar: 0.85g (0.95%), Cholesterol: 0mg (0%), Sodium: 518.7mg (22.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.16g (14.32%), Vitamin K: 72µg (68.57%), Vitamin A: 1455.96IU (29.12%), Selenium: 15.4µg (22%), Manganese: 0.35mg (17.69%), Calcium: 175.05mg (17.5%), Vitamin E: 1.73mg (11.52%), Folate: 35.31µg (8.83%), Fiber: 2.14g (8.58%), Vitamin C: 6.49mg (7.86%), Iron: 1.33mg (7.37%), Magnesium: 25.41mg (6.35%), Copper: 0.11mg (5.28%), Phosphorus: 44.53mg (4.45%), Vitamin B6: 0.08mg (3.98%), Potassium: 134.2mg (3.83%), Zinc: 0.41mg (2.71%), Vitamin B2: 0.05mg (2.7%), Vitamin B1: 0.03mg (2.12%), Vitamin B3: 0.41mg (2.04%)