






 **26%**
HEALTH SCORE

Summer Veggie Bake

READY IN

45 min.

SERVINGS

4

CALORIES

605 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 2 ears corn
- 1 tsp garlic powder
- 1 juice of lemon juiced
- 1 cup milk 1% low fat ()
- 1.5 cups chicken broth low sodium
- 1 tsp onion powder
- 1 cup orzo pasta
- 0.5 cup panko bread crumbs
- 1 tsp paprika

- 0.3 cup parmesan shredded
- 0.3 cup parsley chopped
- 1 tsp pepper
- 1 rotisserie chicken cut
- 0.3 cup mozzarella cheese shredded
- 3 tomatoes sliced into ¼ inch slices
- 8 oz zucchini sliced into ¼ inch slices

Equipment

- sauce pan
- oven
- glass baking pan

Directions

- Preheat the oven to 400 degrees Fahrenheit. In a medium saucepan, add milk and chicken broth and bring to a boil.
- Add orzo and reduce to medium heat. Cook orzo until tender and liquid is absorbed, about 15 min. Meanwhile, mix chicken, cheese, spices, lemon, corn and parsley.
- Add mixture to the orzo and stir until evenly distributed.
- Pour out orzo mixture into a 8 by 8 glass baking dish. For the topping, layer zucchini and tomato, alternating each veggie.
- Sprinkle panko, garlic powder and pepper over the veggies. Spray the panko evenly with olive oil cooking spray.
- Place in oven and cook for 40 minutes. Then broil for about 2 minutes to get the top really golden brown.
- Serve immediately. Enjoy!

Nutrition Facts



PROTEIN 37.72% FAT 27.18% CARBS 35.1%

Properties

Glycemic Index:58.25, Glycemic Load:12.61, Inflammation Score:-9, Nutrition Score:22.507391304348%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 605.21kcal (30.26%), Fat: 18.61g (28.63%), Saturated Fat: 6.14g (38.37%), Carbohydrates: 54.09g (18.03%), Net Carbohydrates: 49.35g (17.94%), Sugar: 11.66g (12.95%), Cholesterol: 156.73mg (52.24%), Sodium: 790.69mg (34.38%), Protein: 58.12g (116.25%), Vitamin K: 73.53µg (70.03%), Selenium: 30.15µg (43.07%), Vitamin C: 33.89mg (41.08%), Manganese: 0.79mg (39.6%), Vitamin A: 1780.06IU (35.6%), Phosphorus: 332.97mg (33.3%), Calcium: 240.1mg (24.01%), Potassium: 830.84mg (23.74%), Vitamin B3: 4.17mg (20.83%), Magnesium: 77.7mg (19.42%), Vitamin B1: 0.29mg (19.16%), Fiber: 4.75g (18.98%), Vitamin B2: 0.31mg (18.37%), Vitamin B6: 0.36mg (18.03%), Folate: 71.54µg (17.89%), Copper: 0.31mg (15.5%), Zinc: 2.02mg (13.49%), Iron: 2.29mg (12.7%), Vitamin B12: 0.71µg (11.82%), Vitamin B5: 1.03mg (10.31%), Vitamin E: 0.9mg (6.02%), Vitamin D: 0.71µg (4.72%)