



Sun-Dried Tomato Basil Orzo

READY IN



23 min.

SERVINGS



8

CALORIES



222 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup basil leaves fresh chopped
- 0.5 teaspoon ground pepper black
- 0.3 cup oil-packed sun-dried tomatoes chopped
- 2 tablespoons olive oil
- 2 cups orzo pasta uncooked
- 0.8 cup parmesan cheese grated
- 0.5 teaspoon salt

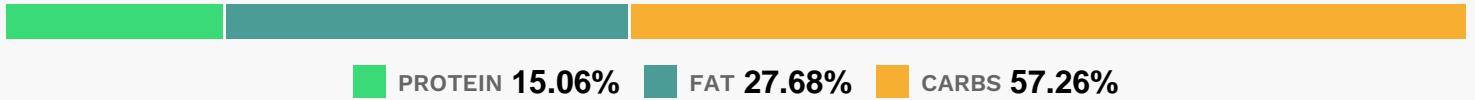
Equipment

- food processor
- bowl
- pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add orzo and cook for 8 to 10 minutes or until al dente.
- Drain and set aside.
- Place basil leaves and sun-dried tomatoes in a food processor. Pulse 4 or 5 times until blended.
- In a large bowl, toss together the orzo, basil-tomato mixture, olive oil, Parmesan cheese, salt and pepper.
- Serve warm or chilled.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:11.88, Inflammation Score:-3, Nutrition Score:7.7873912194501%

Nutrients (% of daily need)

Calories: 222.02kcal (11.1%), Fat: 6.84g (10.52%), Saturated Fat: 2.06g (12.89%), Carbohydrates: 31.84g (10.61%), Net Carbohydrates: 30.02g (10.92%), Sugar: 2.74g (3.04%), Cholesterol: 8.16mg (2.72%), Sodium: 316.71mg (13.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.37g (16.74%), Selenium: 27.24µg (38.92%), Manganese: 0.47mg (23.5%), Phosphorus: 147.67mg (14.77%), Vitamin K: 10.7µg (10.19%), Calcium: 99.13mg (9.91%), Copper: 0.18mg (9.24%), Magnesium: 33.23mg (8.31%), Potassium: 264.23mg (7.55%), Fiber: 1.82g (7.28%), Zinc: 1.04mg (6.93%), Iron: 1.03mg (5.7%), Vitamin B3: 1.07mg (5.37%), Vitamin B2: 0.08mg (4.62%), Vitamin B1: 0.06mg (4.08%), Vitamin E: 0.61mg (4.05%), Vitamin A: 200.96IU (4.02%), Vitamin B6: 0.08mg (3.94%), Vitamin B5: 0.29mg (2.93%), Folate: 11.47µg (2.87%), Vitamin C: 2.07mg (2.51%), Vitamin B12: 0.13µg (2.11%)