



Sungold Tomato Salsa Cruda with Orzo

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



185 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 tablespoons olive oil extravirgin
- ☐ 0.5 cup basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup green onions thinly sliced
- ☐ 2 tablespoons oregano fresh finely chopped
- ☐ 8 ounces orzo pasta) rice-shaped uncooked
- ☐ 2 ounces parmesan cheese shaved

- ☐ 0.8 teaspoon salt
- ☐ 2 pounds sungold tomatoes halved
- ☐ 1 tablespoon balsamic vinegar white

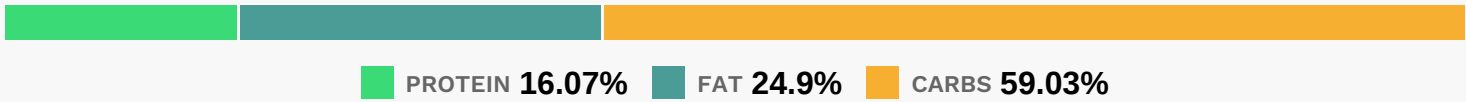
Equipment

- ☐ bowl

Directions

- ☐ Cook pasta according to the package directions, omitting salt and fat. Rinse with cold water; drain well.
- ☐ Combine pasta, tomatoes, and next 8 ingredients (through garlic) in a bowl; toss to coat. Top with cheese.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:10.08, Inflammation Score:-9, Nutrition Score:11.028260898979%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 184.76kcal (9.24%), Fat: 5.19g (7.98%), Saturated Fat: 1.66g (10.37%), Carbohydrates: 27.68g (9.23%), Net Carbohydrates: 24.7g (8.98%), Sugar: 4.26g (4.73%), Cholesterol: 4.82mg (1.61%), Sodium: 340.63mg (14.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.53g (15.07%), Vitamin K: 33.53µg (31.93%), Selenium: 19.71µg (28.16%), Manganese: 0.51mg (25.43%), Vitamin A: 1142.64IU (22.85%), Vitamin C: 16.85mg (20.43%), Phosphorus: 135.94mg (13.59%), Calcium: 129.44mg (12.94%), Fiber: 2.98g (11.92%), Potassium: 377.15mg (10.78%), Magnesium: 36.43mg (9.11%), Vitamin E: 1.3mg (8.68%), Copper: 0.17mg (8.64%), Vitamin B6: 0.17mg (8.25%), Iron: 1.36mg (7.54%), Folate: 29.3µg (7.33%), Vitamin B3: 1.27mg (6.37%), Zinc: 0.86mg (5.75%), Vitamin B1: 0.08mg (5.13%), Vitamin B2: 0.07mg (4.37%), Vitamin B5: 0.28mg (2.79%), Vitamin B12: 0.09µg (1.42%)