



 **52%**
HEALTH SCORE

Three-Pepper Orzo

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



380 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 large to 3 bell peppers red
- 4 servings pepper black freshly ground
- 0.5 cup chicken stock see
- 2 cloves garlic chopped
- 1 large bell pepper green seeded chopped
- 0.3 cup pepperoncini and some pickling juice sliced
- 0.3 cup olive oil extra-virgin
- 0.5 pound orzo pasta

4 servings salt

Equipment

food processor

bowl

frying pan

pot

plastic wrap

broiler

Directions

Bring a large pot of water to a boil over medium heat.

Add pasta and salt, to taste, and cook to al dente.

Drain.

Add the red peppers to a small sheet pan and char to blacken evenly all over under the broiler. This also can be done over an open gas flame.

Put them in a bowl and cover with plastic wrap to cool. Peel and seed the peppers, then chop and add them to a food processor.

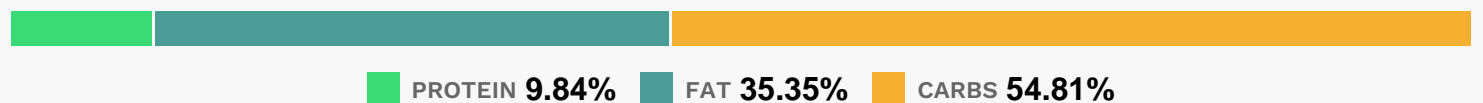
Add the stock and process to puree.

Heat about 1/4 cup extra-virgin olive oil in saute pan over medium heat, and add the garlic and green peppers. Cook for 3 to 4 minutes then stir in the puree.

Add the drained orzo and season with salt and pepper, to taste. Stir in the pepperoncini and some juice and toss to coat.

Transfer to a serving bowl and serve.

Nutrition Facts



Properties

Glycemic Index:46.69, Glycemic Load:19.02, Inflammation Score:-9, Nutrition Score:19.016521744106%

Flavonoids

Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.45mg, Luteolin: 2.45mg, Luteolin: 2.45mg, Luteolin: 2.45mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 379.63kcal (18.98%), Fat: 15.06g (23.17%), Saturated Fat: 2.19g (13.72%), Carbohydrates: 52.56g (17.52%), Net Carbohydrates: 48.23g (17.54%), Sugar: 7.92g (8.8%), Cholesterol: 0.9mg (0.3%), Sodium: 245.77mg (10.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.44g (18.87%), Vitamin C: 138.59mg (167.99%), Vitamin A: 2720.86IU (54.42%), Selenium: 36.81µg (52.59%), Manganese: 0.71mg (35.58%), Vitamin E: 3.47mg (23.11%), Vitamin B6: 0.45mg (22.55%), Fiber: 4.32g (17.28%), Phosphorus: 148.32mg (14.83%), Vitamin K: 15.48µg (14.75%), Folate: 53.59µg (13.4%), Vitamin B3: 2.46mg (12.3%), Potassium: 425.88mg (12.17%), Magnesium: 46.52mg (11.63%), Copper: 0.23mg (11.44%), Vitamin B1: 0.14mg (9.04%), Vitamin B2: 0.15mg (8.54%), Iron: 1.42mg (7.91%), Zinc: 1.12mg (7.48%), Vitamin B5: 0.56mg (5.63%), Calcium: 27.3mg (2.73%)