



Toasted Orzo Salad

READY IN

ready

40 min.

SERVINGS

servings

8

CALORIES

calories

179 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons capers rinsed drained
- ☐ 2.5 ounces feta cheese crumbled
- ☐ 1 tablespoon optional: dill fresh finely chopped
- ☐ 0.3 cup parsley leaves fresh chopped
- ☐ 1 cup grape tomatoes quartered
- ☐ 8 servings kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 strip lemon zest
- ☐ 3 tablespoons olive oil

☐ 1.5 cups orzo pasta

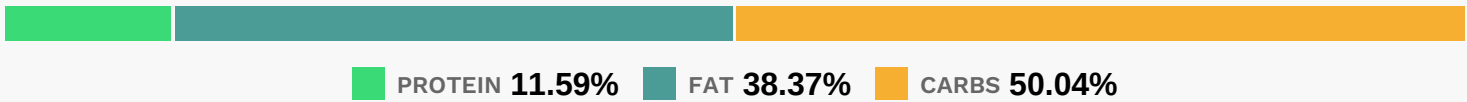
Equipment

- ☐ sauce pan
- ☐ mixing bowl

Directions

- ☐ Heat 1 tablespoon of the oil in a medium saucepan over medium-high heat.
- ☐ Add the orzo and cook, stirring, until golden, about 3 minutes.
- ☐ Add 3 cups water, 1 1/2 teaspoons salt and the lemon zest and bring to a boil. Reduce the heat to medium, cover and cook, stirring occasionally, 10 minutes. Uncover and continue cooking, stirring frequently, until the orzo is tender and the liquid is absorbed, 2 to 3 minutes.
- ☐ Remove from the heat.
- ☐ Transfer the orzo to a large mixing bowl, remove the lemon zest and let cool about 10 minutes. Stir in the remaining 2 tablespoons oil, tomatoes, if using, feta cheese, parsley, capers, dill and lemon juice. Season with additional salt and pepper.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:8.74, Inflammation Score:-4, Nutrition Score:7.1856521620699%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 2.68mg, Kaempferol: 2.68mg, Kaempferol: 2.68mg, Kaempferol: 2.68mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

Nutrients (% of daily need)

Calories: 179.27kcal (8.96%), Fat: 7.65g (11.78%), Saturated Fat: 1.99g (12.46%), Carbohydrates: 22.46g (7.49%), Net Carbohydrates: 21.18g (7.7%), Sugar: 1.32g (1.47%), Cholesterol: 7.88mg (2.63%), Sodium: 354mg (15.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.41%), Vitamin K: 36.06µg (34.34%), Selenium: 19.13µg (27.33%), Manganese: 0.29mg (14.38%), Phosphorus: 88.98mg (8.9%), Vitamin C: 6.22mg (7.54%), Vitamin A: 357.34IU (7.15%), Vitamin E: 0.94mg (6.26%), Vitamin B2: 0.1mg (5.91%), Calcium: 55.56mg (5.56%), Copper: 0.11mg (5.31%), Fiber: 1.28g (5.13%), Magnesium: 20.42mg (5.1%), Vitamin B6: 0.1mg (4.8%), Zinc: 0.71mg (4.75%), Iron: 0.66mg (3.67%), Folate: 14.48µg (3.62%), Potassium: 126.33mg (3.61%), Vitamin B3: 0.72mg (3.59%), Vitamin B1: 0.05mg (3.23%), Vitamin B12: 0.15µg (2.5%), Vitamin B5: 0.23mg (2.35%)