



Toasted Orzo with Saffron and Fennel

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



313 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup fennel bulb chopped (from 1 small bulb)
- ☐ 2 tablespoons olive oil
- ☐ 9 ounces orzo pasta
- ☐ 0.5 cup onion red chopped
- ☐ 0.3 teaspoon saffron threads crumbled
- ☐ 1 tablespoon water divided

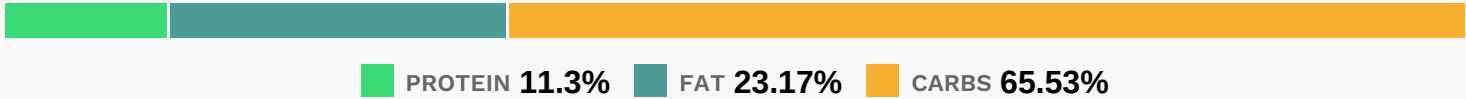
Equipment

- ☐ sauce pan

Directions

- ☐ Soften saffron in 1 tablespoon hot water and set aside.
- ☐ Cook onion in oil in a 3-quart heavy saucepan over medium heat, stirring occasionally, until softened, about 6 minutes.
- ☐ Add orzo and toast, stirring frequently, until fragrant, 2 to 4 minutes.
- ☐ Stir in saffron mixture, remaining 2 cups water, and 1 teaspoon salt and simmer, covered, until orzo is just tender and liquid is absorbed, about 12 minutes.
- ☐ Sprinkle fennel bulb over orzo and let stand, covered, off heat 5 minutes. Stir fennel bulb into orzo, then serve sprinkled with fennel fronds.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:19.97, Inflammation Score:-3, Nutrition Score:9.533043584098%

Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 313.29kcal (15.66%), Fat: 8.03g (12.35%), Saturated Fat: 1.17g (7.32%), Carbohydrates: 51.09g (17.03%), Net Carbohydrates: 48.03g (17.47%), Sugar: 3.41g (3.78%), Cholesterol: 0mg (0%), Sodium: 16.27mg (0.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.81g (17.62%), Selenium: 40.57µg (57.95%), Manganese: 0.65mg (32.7%), Vitamin K: 18.02µg (17.16%), Phosphorus: 137.25mg (13.72%), Fiber: 3.06g (12.22%), Copper: 0.21mg (10.36%), Magnesium: 39.56mg (9.89%), Vitamin E: 1.21mg (8.06%), Potassium: 261.67mg (7.48%), Zinc: 0.98mg (6.52%), Vitamin B6: 0.12mg (6.24%), Vitamin B3: 1.25mg (6.23%), Iron: 1.07mg (5.94%), Folate: 21.16µg (5.29%), Vitamin C: 4.1mg (4.96%), Vitamin B1: 0.07mg (4.59%), Vitamin B5: 0.35mg (3.5%), Vitamin B2: 0.05mg (2.98%), Calcium: 28.84mg (2.88%)