



Tomato and Basil Orzo Salad

READY IN



45 min.

SERVINGS



4

CALORIES



363 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 cloves garlic minced peeled
- ☐ 0.8 cup basil leaves fresh chopped
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1.5 cups orzo pasta dried
- ☐ 0.3 cup parmesan cheese grated
- ☐ 4 servings salt and pepper
- ☐ 1.3 pounds firm-ripe tomatoes at room temperature

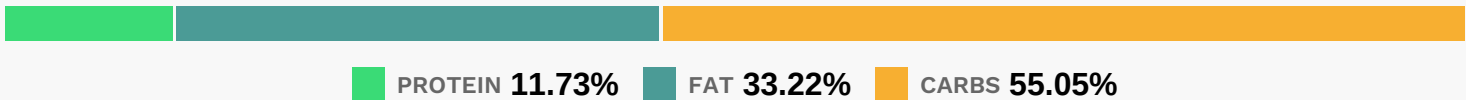
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a 3- to 4-quart pan over high heat, bring 1 1/2 to 2 quarts water to a boil.
- ☐ Add orzo and cook until barely tender to bite, 8 to 10 minutes.
- ☐ Meanwhile, rinse and core tomatoes; chop and place in a large bowl.
- ☐ Add basil, garlic, olive oil, and vinegar; mix gently.
- ☐ Drain pasta well and add to tomato mixture.
- ☐ Mix, adding parmesan cheese, salt, and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:19.12, Inflammation Score:-8, Nutrition Score:14.92391306745%

Flavonoids

Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 362.53kcal (18.13%), Fat: 13.42g (20.64%), Saturated Fat: 2.62g (16.35%), Carbohydrates: 50.02g (16.67%), Net Carbohydrates: 46.43g (16.88%), Sugar: 6.45g (7.17%), Cholesterol: 5.44mg (1.81%), Sodium: 315.98mg (13.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.66g (21.32%), Selenium: 37.86µg (54.08%), Manganese: 0.76mg (37.89%), Vitamin K: 36.37µg (34.64%), Vitamin A: 1472.26IU (29.45%), Vitamin C: 20.46mg (24.8%), Phosphorus: 185.14mg (18.51%), Vitamin E: 2.41mg (16.05%), Fiber: 3.59g (14.35%), Potassium: 498.27mg (14.24%), Copper: 0.27mg (13.52%), Magnesium: 51.62mg (12.91%), Vitamin B6: 0.21mg (10.73%), Calcium: 92.94mg (9.29%), Vitamin B3: 1.85mg (9.24%), Zinc: 1.36mg (9.05%), Folate: 34.84µg (8.71%), Iron: 1.42mg (7.86%), Vitamin B1: 0.11mg

(7.19%), Vitamin B2: 0.09mg (5.09%), Vitamin B5: 0.4mg (4.03%), Vitamin B12: 0.08µg (1.41%)