



Tri-Colore Orzo

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



472 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 ounces arugula fresh
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.5 cup cherries dried
- ☐ 12 basil leaves fresh
- ☐ 3 tablespoons juice of lemon
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 pound orzo pasta
- ☐ 0.3 cup pinenuts toasted

- ☐ 0.8 cup pecorino crumbled or feta cheese
- ☐ 1.5 teaspoon salt

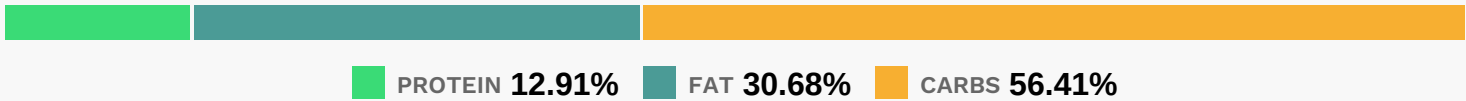
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Bring a large pot of salted water to a boil over high heat.
- ☐ Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes.
- ☐ Drain pasta and put the pasta on a large cookie sheet.
- ☐ Drizzle the pasta with 3 tablespoons olive oil, toss, spread out, and set aside to cool.
- ☐ Once the orzo is cool, transfer to a large serving bowl.
- ☐ Add the remaining ingredients and toss gently to combine.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:33.83, Glycemic Load:23.09, Inflammation Score:-7, Nutrition Score:15.685217438833%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg 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: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 4.95mg, Kaempferol: 4.95mg, Kaempferol: 4.95mg, Kaempferol: 4.95mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 472.48kcal (23.62%), Fat: 16.14g (24.83%), Saturated Fat: 4.04g (25.27%), Carbohydrates: 66.77g (22.26%), Net Carbohydrates: 62.84g (22.85%), Sugar: 8.02g (8.91%), Cholesterol: 15.81mg (5.27%), Sodium: 617.82mg (26.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.28g (30.57%), Selenium: 52.38µg (74.83%), Manganese: 1.29mg (64.49%), Vitamin K: 26.98µg (25.69%), Phosphorus: 233.15mg (23.32%), Vitamin A: 879.01IU (17.58%), Magnesium: 65.81mg (16.45%), Copper: 0.32mg (15.96%), Fiber: 3.92g (15.7%), Zinc: 1.87mg (12.47%), Calcium: 116.49mg (11.65%), Vitamin E: 1.73mg (11.55%), Iron: 1.89mg (10.5%), Folate: 35.09µg (8.77%), Potassium: 301.73mg (8.62%), Vitamin B3: 1.63mg (8.13%), Vitamin B2: 0.13mg (7.83%), Vitamin B6: 0.14mg (7.1%), Vitamin B1: 0.1mg (6.75%), Vitamin C: 5.22mg (6.32%), Vitamin B5: 0.49mg (4.88%), Vitamin B12: 0.11µg (1.76%)