



Arugula Farroto

READY IN



45 min.

SERVINGS



4

CALORIES



547 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups arugula thick
- ☐ 0.5 cup cooking wine dry white such as Sauvignon Blanc
- ☐ 2 cups farro
- ☐ 4 servings kosher salt and pepper
- ☐ 4 cups chicken broth low-sodium
- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion chopped
- ☐ 2 ounces parmesan grated

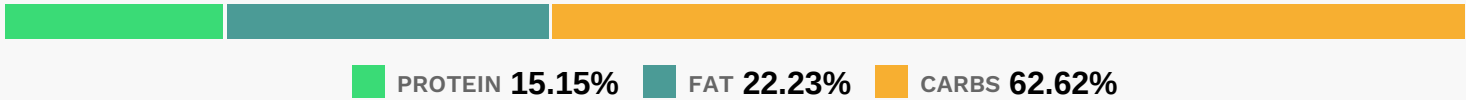
Equipment

- ☐ sauce pan

Directions

- ☐ Heat the oil in a large saucepan over medium heat.
- ☐ Add the onion, 1/2 teaspoon salt, and 1/4 teaspoon pepper and cook, stirring occasionally, until soft, 5 to 6 minutes.
- ☐ Add the farro and wine and cook, stirring, until the wine is absorbed. Stir in the broth, 1 cup at a time (waiting until each addition of broth is absorbed before adding the next), and cook, stirring occasionally, 20 to 25 minutes total. Stir in the arugula and Parmesan.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:0.82, Inflammation Score:-8, Nutrition Score:23.23347832716%

Flavonoids

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: 2.24mg, Isorhamnetin: 2.24mg, Isorhamnetin: 2.24mg, Isorhamnetin: 2.24mg Kaempferol: 7.16mg, Kaempferol: 7.16mg, Kaempferol: 7.16mg, Kaempferol: 7.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.17mg, Quercetin: 7.17mg, Quercetin: 7.17mg, Quercetin: 7.17mg

Nutrients (% of daily need)

Calories: 547.1kcal (27.36%), Fat: 13.4g (20.61%), Saturated Fat: 3.99g (24.92%), Carbohydrates: 84.91g (28.3%), Net Carbohydrates: 68.52g (24.92%), Sugar: 2.8g (3.11%), Cholesterol: 9.64mg (3.21%), Sodium: 507.31mg (22.06%), Alcohol: 3.1g (100%), Alcohol %: 0.9% (100%), Protein: 20.54g (41.07%), Manganese: 1.42mg (71.25%), Fiber: 16.39g (65.55%), Selenium: 41.09µg (58.7%), Phosphorus: 408.55mg (40.85%), Vitamin B3: 7.97mg (39.84%), Copper: 0.57mg (28.55%), Vitamin K: 28.57µg (27.2%), Magnesium: 99.75mg (24.94%), Calcium: 244.78mg (24.48%), Iron: 3.5mg (19.46%), Zinc: 2.9mg (19.31%), Potassium: 610.06mg (17.43%), Vitamin B6: 0.34mg (17.2%), Vitamin B2: 0.26mg (15.09%), Vitamin B1: 0.22mg (14.53%), Vitamin A: 607.85IU (12.16%), Folate: 48.62µg (12.15%), Vitamin E: 1.15mg (7.67%), Vitamin B12: 0.41µg (6.77%), Vitamin C: 5.03mg (6.1%), Vitamin B5: 0.47mg (4.67%)