



Asparagus Farro Salad

 Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



447 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup farro uncooked (semi-pearled or pearled)
- 1 lb asparagus fresh
- 4 tablespoons olive oil
- 1 shallots finely chopped
- 1 teaspoons lemon zest grated ()
- 1.5 tablespoons juice of lemon ()
- 1 teaspoon salt
- 0.3 teaspoon pepper

- 0.5 cup pecans
- 0.3 cup feta cheese

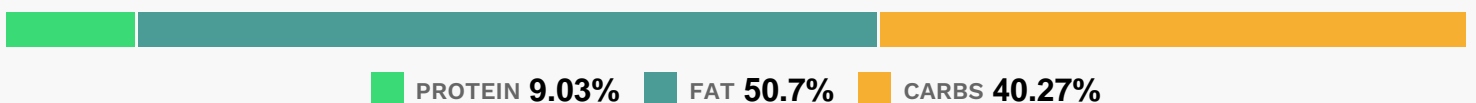
Equipment

- bowl
- frying pan
- sauce pan
- sieve
- wooden spoon
- colander

Directions

- In 2-quart saucepan, heat 4 cups water to boiling. Stir in farro; return to boiling. Reduce heat to low; cover and cook 20 to 25 minutes.
- Meanwhile, cut asparagus into 1-inch pieces, leaving heads full. In 10-inch skillet, heat 2 tablespoons of the oil.
- Add asparagus and shallot; cook 5 to 7 minutes, stirring occasionally, until desired doneness (some like asparagus more tender, while others prefer a little fresh crunch).
- Remove asparagus from skillet to plate; set aside.
- Stir in remaining 2 tablespoons oil, the lemon peel and lemon juice to skillet.
- Heat over low heat, scraping bottom of skillet with wooden spoon to loosen browned bits. Stir in salt and pepper. Set sauce aside.
- Drain cooked faro in strainer or colander; rinse. In large serving bowl, toss faro with asparagus, pecans and feta cheese.
- Drizzle sauce over top.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:1.1, Inflammation Score:-8, Nutrition Score:22.220434793959%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg

Nutrients (% of daily need)

Calories: 447.36kcal (22.37%), Fat: 26.34g (40.52%), Saturated Fat: 4.53g (28.32%), Carbohydrates: 47.06g (15.69%), Net Carbohydrates: 35.39g (12.87%), Sugar: 3.68g (4.09%), Cholesterol: 11.13mg (3.71%), Sodium: 731.78mg (31.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.56g (21.11%), Manganese: 1.44mg (71.85%), Vitamin K: 57.61µg (54.87%), Fiber: 11.67g (46.68%), Selenium: 23.9µg (34.14%), Copper: 0.59mg (29.29%), Phosphorus: 250.33mg (25.03%), Vitamin B1: 0.36mg (24.27%), Iron: 4.25mg (23.61%), Vitamin E: 3.52mg (23.44%), Folate: 80.53µg (20.13%), Vitamin B2: 0.34mg (20.07%), Magnesium: 74.68mg (18.67%), Vitamin A: 929.49IU (18.59%), Vitamin B3: 3.7mg (18.5%), Zinc: 2.63mg (17.53%), Vitamin B6: 0.34mg (16.88%), Potassium: 456.94mg (13.06%), Vitamin C: 9.81mg (11.89%), Calcium: 116.38mg (11.64%), Vitamin B5: 0.71mg (7.08%), Vitamin B12: 0.21µg (3.52%)