



Basil and Corn Farro Salad



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



140 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon dijon mustard
- ☐ 0.5 cup basil fresh chopped
- ☐ 1 cup corn kernels fresh (2 ears)
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon olive oil
- ☐ 8.5 ounce precooked farro (such as Archer Farms)
- ☐ 0.5 teaspoon salt

☐ 1.5 tablespoons sherry vinegar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat farro according to directions.
- ☐ Combine vinegar and next 5 ingredients (through garlic) in a medium bowl; stir with a whisk.
- ☐ Heat 1 tablespoon olive oil in a medium skillet over medium-high heat.
- ☐ Add fresh corn kernels to pan; saut 3 minutes.
- ☐ Add cooked farro, corn, and basil to vinaigrette; toss to coat.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.11, Inflammation Score:-3, Nutrition Score:5.9360868878987%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 140.17kcal (7.01%), Fat: 4.32g (6.65%), Saturated Fat: 0.66g (4.15%), Carbohydrates: 24.27g (8.09%), Net Carbohydrates: 21.1g (7.67%), Sugar: 2.47g (2.75%), Cholesterol: 0mg (0%), Sodium: 312.47mg (13.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.51%), Vitamin K: 15.38µg (14.65%), Manganese: 0.29mg (14.33%), Fiber: 3.16g (12.65%), Vitamin B3: 1.93mg (9.63%), Selenium: 5.95µg (8.49%), Magnesium: 29.82mg (7.45%), Vitamin B1: 0.11mg (7.41%), Phosphorus: 69.62mg (6.96%), Folate: 27.04µg (6.76%), Iron: 1.18mg (6.54%), Vitamin B6: 0.12mg (5.91%), Copper: 0.1mg (5%), Potassium: 171.58mg (4.9%), Zinc: 0.71mg (4.7%), Vitamin A: 231.89IU (4.64%), Vitamin C: 3.27mg (3.97%), Vitamin E: 0.57mg (3.77%), Vitamin B2: 0.06mg (3.61%), Vitamin B5: 0.36mg (3.57%), Calcium: 15.91mg (1.59%)