



WHATSheATE



Beets and Farro with Smoky Almonds



Vegetarian



Dairy Free

READY IN



150 min.

SERVINGS



8

CALORIES



344 kcal

SIDE DISH

Ingredients

- ☐ 3 ounces almonds smoked coarsely chopped
- ☐ 4 cups baby arugula loosely packed
- ☐ 2.5 pounds beets; combination gold red (6 medium)
- ☐ 3 tablespoons cider vinegar
- ☐ 1.5 cups farro dried
- ☐ 1 tablespoon honey
- ☐ 5 tablespoons olive oil extra-virgin
- ☐ 0.3 teaspoon pepper

☐ 0.3 teaspoon salt

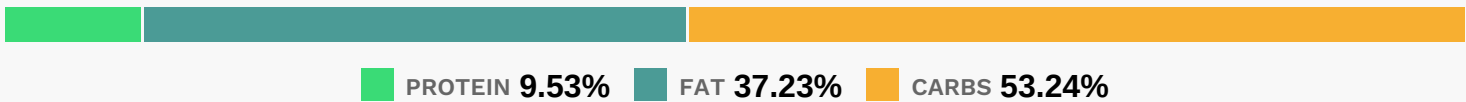
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 42
- ☐ Arrange beets in single layer in a 13- x 9- x 2-inch baking dish. Cover dish tightly with foil and roast beets until tender (1 to 1 1/4 hours). Once cool enough to handle, remove skin and cut each into 6 to 8 wedges.
- ☐ While beets roast, cover farro with cold water in a bowl and soak 30 minutes; drain, discarding water. Bring farro, 4 cups water, and 1/4 teaspoon salt to a boil in a medium (2- to 3-quart) saucepan; reduce heat and simmer, uncovered, until just tender (15-20 minutes).
- ☐ Drain.
- ☐ Whisk together vinegar, honey, and pepper until combined; add oil in a stream, whisking to combine.
- ☐ Transfer farro to a large bowl. Stir half of dressing into hot farro; add beets, arugula, almonds, and remaining vinaigrette, and stir gently to combine.

Nutrition Facts



Properties

Glycemic Index:28.78, Glycemic Load:7.45, Inflammation Score:-7, Nutrition Score:17.506521639617%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 3.53mg, Kaempferol: 3.53mg, Kaempferol: 3.53mg, Kaempferol: 3.53mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 343.67kcal (17.18%), Fat: 14.8g (22.77%), Saturated Fat: 1.75g (10.94%), Carbohydrates: 47.61g (15.87%), Net Carbohydrates: 36.28g (13.19%), Sugar: 12.73g (14.14%), Cholesterol: 0mg (0%), Sodium: 189.99mg (8.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.52g (17.05%), Manganese: 1.26mg (63.07%), Fiber: 11.33g (45.32%), Folate: 177.57µg (44.39%), Vitamin E: 4.09mg (27.26%), Magnesium: 96.07mg (24.02%), Selenium: 15.63µg (22.32%), Phosphorus: 196.56mg (19.66%), Potassium: 686.91mg (19.63%), Copper: 0.38mg (19.16%), Vitamin K: 17.38µg (16.55%), Iron: 2.69mg (14.94%), Vitamin B2: 0.23mg (13.55%), Vitamin B3: 2.62mg (13.1%), Zinc: 1.68mg (11.22%), Vitamin B6: 0.22mg (10.76%), Vitamin C: 8.46mg (10.25%), Vitamin B1: 0.14mg (9.46%), Calcium: 79.11mg (7.91%), Vitamin A: 292.77IU (5.86%), Vitamin B5: 0.42mg (4.22%)