



Cheesy Baked Farro

READY IN



110 min.

SERVINGS



8

CALORIES



649 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups barley rinsed drained
- 0.5 cup bread crumbs dried plain
- 6 cups chicken broth
- 0.3 cup flour all-purpose
- 0.5 cup fontina grated
- 1 teaspoon thyme leaves fresh chopped
- 1 cup gruyere cheese grated
- 8 servings kosher salt and pepper black freshly ground
- 2 cups warm milk whole

- 8 servings olive oil for drizzling
- 2.5 cups parmesan grated
- 0.3 cup butter unsalted

Equipment

- bowl
- sauce pan
- oven
- whisk
- pot
- baking pan

Directions

- Preheat the oven to 400 degrees F. Spray a 13 by 9-inch baking dish with cooking spray.
- For the sauce: In a 2-quart saucepan, melt the butter over medium heat.
- Add the flour and whisk until smooth. Gradually add the warm milk, whisking constantly to prevent lumps. Simmer over medium heat, whisking constantly, until the sauce is thick and smooth, about 8 minutes (do not allow the mixture to boil).
- Remove from the heat and season with salt and pepper, to taste.
- For the farro: In a large bowl, add the cheeses and stir to combine.
- Remove 1/2 cup of the mixture and reserve. In a large stock pot, add the chicken broth and bring to a boil over medium-high heat.
- Add the farro, reduce heat and simmer, stirring occasionally, until the faro is tender, about 25 minutes.
- Drain, if necessary.
- Add the farro, thyme, and sauce to the bowl with the cheese. Stir until combined and season with salt and pepper, to taste.
- Pour the mixture into the prepared baking dish and top with the reserved 1/2 cup of cheese.
- Sprinkle the top with bread crumbs and drizzle with olive oil.
- Bake until the top is golden brown and forms a crust, about 25 to 30 minutes.

Remove from oven and let stand for 5 minutes before serving.

Nutrition Facts

PROTEIN 17.36% **FAT 54.22%** **CARBS 28.42%**

Properties

Glycemic Index:35, Glycemic Load:12.87, Inflammation Score:-8, Nutrition Score:22.996956731962%

Flavonoids

Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 648.76kcal (32.44%), Fat: 39.5g (60.78%), Saturated Fat: 16.88g (105.47%), Carbohydrates: 46.59g (15.53%), Net Carbohydrates: 38.16g (13.88%), Sugar: 4.93g (5.48%), Cholesterol: 75.07mg (25.02%), Sodium: 1417.61mg (61.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.46g (56.92%), Calcium: 695.52mg (69.55%), Phosphorus: 552.83mg (55.28%), Manganese: 1.09mg (54.68%), Selenium: 32.93µg (47.04%), Fiber: 8.43g (33.71%), Vitamin B1: 0.49mg (32.58%), Vitamin B2: 0.54mg (31.54%), Magnesium: 95.58mg (23.9%), Zinc: 3.58mg (23.84%), Vitamin B12: 1.18µg (19.63%), Vitamin E: 2.69mg (17.93%), Vitamin B3: 3.37mg (16.85%), Vitamin A: 777.97IU (15.56%), Iron: 2.72mg (15.13%), Copper: 0.3mg (15.01%), Vitamin B6: 0.24mg (12.17%), Potassium: 400.64mg (11.45%), Vitamin K: 11.93µg (11.36%), Vitamin D: 1.08µg (7.21%), Vitamin B5: 0.71mg (7.07%), Folate: 27.79µg (6.95%)