



Creamy Romano Chicken Farro

 Popular

READY IN



30 min.

SERVINGS



6

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons gold medal all purpose flour
- ☐ 0.5 pound asparagus steamed cut into 1 inch pieces
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 8.8 ounces farro
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 cups milk unsweetened
- ☐ 1 cup romano cheese freshly grated
- ☐ 1.5 cups meat from a rotisserie chicken shredded cooked

☐ 4 tablespoons butter unsalted

Equipment

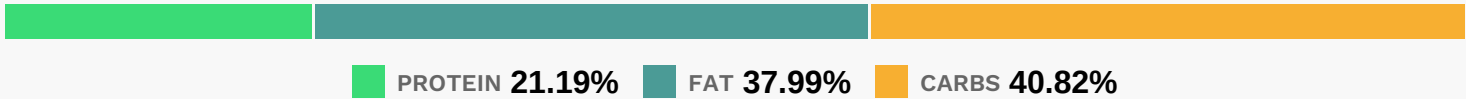
☐ sauce pan

☐ whisk

Directions

- ☐ Cook farro according to package directions.
- ☐ Drain and set aside for a few minutes.Melt butter in a small saucepan over medium heat.
- ☐ Whisk in flour, salt and pepper whisking until thickened and bubbly, about 1 minute. Slowly whisk in milk, stirring until thickened. This takes a few minutes. When thickened, add cheese, stirring until melted.
- ☐ Place cooked farro into a large saucepan over medium-low heat.
- ☐ Pour cheese sauce over farro and add steamed asparagus and cooked shredded chicken. Stir and season with additional salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:3.15, Inflammation Score:-6, Nutrition Score:15.738695704419%

Flavonoids

Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg

Nutrients (% of daily need)

Calories: 373.86kcal (18.69%), Fat: 15.96g (24.55%), Saturated Fat: 8.41g (52.54%), Carbohydrates: 38.59g (12.86%), Net Carbohydrates: 30.91g (11.24%), Sugar: 1.27g (1.41%), Cholesterol: 63.65mg (21.22%), Sodium: 437.12mg (19.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.03g (40.05%), Selenium: 29.36µg (41.95%), Manganese: 0.66mg (33.2%), Phosphorus: 313.18mg (31.32%), Fiber: 7.69g (30.74%), Calcium: 306.08mg (30.61%), Vitamin B3: 5.36mg (26.78%), Vitamin K: 17.81µg (16.96%), Vitamin B6: 0.3mg (15.14%), Iron: 2.64mg (14.68%), Vitamin B2: 0.24mg (14.23%), Copper: 0.28mg (14.05%), Zinc: 2.1mg (13.98%), Magnesium: 53.75mg

(13.44%), Vitamin B1: 0.2mg (13.41%), Vitamin A: 612.12IU (12.24%), Folate: 41.58µg (10.39%), Potassium: 295.98mg (8.46%), Vitamin B5: 0.67mg (6.65%), Vitamin B12: 0.3µg (5.07%), Vitamin E: 0.69mg (4.63%), Vitamin C: 2.12mg (2.57%), Vitamin D: 0.22µg (1.49%)