



Dinner Tonight: Farro Risotto with Rapini

READY IN



45 min.

SERVINGS



3

CALORIES



656 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup wine dry white
- ☐ 1.5 cups farro
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.5 medium onion diced
- ☐ 0.8 cup parmesan cheese freshly grated
- ☐ 3 cups broccoli rabe chopped
- ☐ 3 servings salt and pepper
- ☐ 1 tablespoon butter unsalted

☐ 4 cups vegetable stock

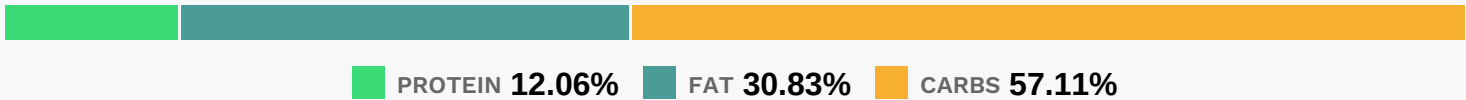
Equipment

- ☐ sauce pan
- ☐ ladle
- ☐ kitchen timer

Directions

- ☐ Pour stock into a medium saucepan set over medium-low heat. Meanwhile, pour olive oil to a heavy-bottomed [lidded] saucepan set over medium heat.
- ☐ Add onion and garlic and cook until onion is soft and translucent, three to four minutes.
- ☐ Add farro and let toast for 30 seconds, stirring often.
- ☐ Pour in the white wine. Stir well, and let cook until wine has evaporated.
- ☐ Add a few ladles full of the stock. Cook, stirring occasionally, until the liquid has evaporated. Continue adding stock a few ladles full at a time until farro is tender, about 25 minutes. You might not use all of the stock. With about ten minutes left on your timer, add the chopped rapini.
- ☐ When farro is done, turn off the heat, add the butter, cheese, and a pinch of salt and pepper. Stir well.
- ☐ Add more salt and pepper if needed at this point.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:49.67, Glycemic Load:2.53, Inflammation Score:-9, Nutrition Score:29.06173906119%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg

Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg

Nutrients (% of daily need)

Calories: 655.71kcal (32.79%), Fat: 21.5g (33.07%), Saturated Fat: 7.85g (49.04%), Carbohydrates: 89.58g (29.86%), Net Carbohydrates: 72.56g (26.39%), Sugar: 5g (5.55%), Cholesterol: 31.78mg (10.59%), Sodium: 1911.43mg (83.11%), Alcohol: 6.18g (100%), Alcohol %: 1.37% (100%), Protein: 18.92g (37.85%), Vitamin K: 98.5µg (93.81%), Manganese: 1.61mg (80.63%), Fiber: 17.01g (68.05%), Selenium: 47.19µg (67.42%), Phosphorus: 427.47mg (42.75%), Vitamin A: 2071.53IU (41.43%), Calcium: 305.96mg (30.6%), Magnesium: 104.73mg (26.18%), Vitamin B3: 5.21mg (26.03%), Zinc: 3.64mg (24.27%), Copper: 0.46mg (23.01%), Iron: 3.74mg (20.78%), Vitamin B6: 0.41mg (20.66%), Vitamin B1: 0.28mg (18.41%), Vitamin B2: 0.27mg (15.79%), Folate: 61.95µg (15.49%), Vitamin E: 2.25mg (15.01%), Potassium: 479.03mg (13.69%), Vitamin C: 9.75mg (11.82%), Vitamin B12: 0.35µg (5.76%), Vitamin B5: 0.55mg (5.53%), Vitamin D: 0.19µg (1.3%)