



Eat for Eight Bucks: Farro and Cauliflower Salad with Currants



Vegetarian



Vegan



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



320 kcal

SIDE DISH

Ingredients

- ☐ 1 small head cauliflower trimmed cut into small florets
- ☐ 0.3 cup currants for 20 minutes in warm water
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 0.5 pound farro
- ☐ 1 teaspoon kosher salt divided
- ☐ 1 teaspoon sherry vinegar
- ☐ 1 teaspoon sugar

- ☐ 0.5 teaspoon thyme leaves dried fresh (or)
- ☐ 1 quart vegetable stock

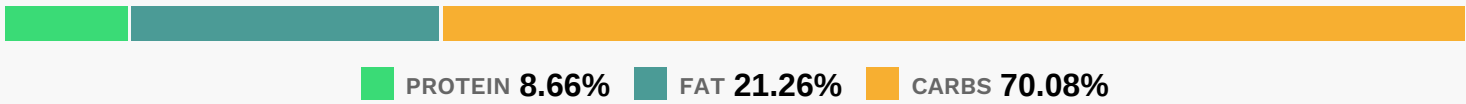
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Adjust oven rack to middle position and preheat oven to 400°F.
- ☐ Place the farro in medium bowl and cover with cold water.
- ☐ Let sit for 25 minutes.
- ☐ Drain and add farro and ½ teaspoon salt to medium saucepan.
- ☐ Add stock and bring to a boil over high heat. Reduce to a simmer and cook until grain is tender and liquid is mostly absorbed, about 25 minutes. Increase heat to high and cook, stirring constantly, until most of remaining liquid has evaporated, 2 to 5 minutes. Set aside.
- ☐ Meanwhile, toss cauliflower florets in medium mixing bowl with 2 tablespoons olive oil ½ teaspoon salt. Turn out onto a parchment-lined baking sheet and roast until browned and crisp, stirring once in the middle, 20–30 minutes total.
- ☐ Add cauliflower to farro along with vinegar, currants, and sugar. Season with salt.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:54.27, Glycemic Load:4.34, Inflammation Score:-7, Nutrition Score:14.806956581447%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 320.29kcal (16.01%), Fat: 7.87g (12.11%), Saturated Fat: 1.2g (7.5%), Carbohydrates: 58.38g (19.46%), Net Carbohydrates: 47.78g (17.37%), Sugar: 10.34g (11.48%), Cholesterol: 0mg (0%), Sodium: 1556.84mg (67.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.21g (14.43%), Manganese: 0.9mg (45.04%), Fiber: 10.6g (42.4%), Vitamin C: 32.76mg (39.71%), Selenium: 21.84µg (31.21%), Phosphorus: 163.73mg (16.37%), Vitamin B3: 3.1mg (15.48%), Vitamin K: 16.03µg (15.26%), Vitamin B6: 0.3mg (14.84%), Copper: 0.29mg (14.64%), Magnesium: 58.43mg (14.61%), Folate: 51.82µg (12.95%), Potassium: 428.99mg (12.26%), Iron: 1.96mg (10.88%), Vitamin A: 534.85IU (10.7%), Vitamin B1: 0.16mg (10.4%), Zinc: 1.43mg (9.51%), Vitamin E: 1.08mg (7.21%), Vitamin B2: 0.12mg (6.97%), Vitamin B5: 0.61mg (6.07%), Calcium: 40.47mg (4.05%)