



Fall Farro Salad with Pomegranate, Walnut & Truffles

READY IN



75 min.

SERVINGS



4

CALORIES



722 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup olive oil extra virgin
- 8 ounces farro (250 gr)
- 4 servings parmesan shaved
- 1 pomegranate
- 1 small head radicchio thinly sliced
- 4 servings salt and pepper
- 1 truffle mushroom
- 30 ml vinegar

4 ounces walnuts toasted (100gr)

Equipment

peeler

Directions

In plenty of cold water boil farro until al dente (cooked but with a bite) – about 20–35 minutes. Feel free to add some vegetable scraps if available (unused piece of carrot, onion, celery, etc.)

Drizzle over the salad a couple tablespoons of vinegar followed by three times the amount of extra virgin olive oil. Give it another good mix. To finish, give it a good shave of fresh truffles, if not available truffle salt or oil works well too. Top with a few pulls of a potato peeler across a wedge of parmesan. Allow to sit for at least 20 minutes up to a day – it needs a little time for it to all come together. Before serving – give it one last good stir, taste & adjust the seasoning – making sure the dressing is balanced (not too vinegary or oily).

Nutrition Facts

 **PROTEIN 13.32%**  **FAT 54.88%**  **CARBS 31.8%**

Properties

Glycemic Index: 57.25, Glycemic Load: 29.53, Inflammation Score: -8, Nutrition Score: 30.729565217391%

Flavonoids

Cyanidin: 48.39mg, Cyanidin: 48.39mg, Cyanidin: 48.39mg, Cyanidin: 48.39mg Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 14.26mg, Luteolin: 14.26mg, Luteolin: 14.26mg, Luteolin: 14.26mg Quercetin: 11.82mg, Quercetin: 11.82mg, Quercetin: 11.82mg, Quercetin: 11.82mg Gallic acid: 0.12mg, Gallic acid: 0.12mg, Gallic acid: 0.12mg, Gallic acid: 0.12mg

Taste

Sweetness: 37.63%, Saltiness: 88.51%, Sourness: 23.41%, Bitterness: 47.95%, Savoriness: 29.81%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 722.36kcal (36.12%), Fat: 46.53g (71.58%), Saturated Fat: 9.48g (59.26%), Carbohydrates: 60.66g (20.22%), Net Carbohydrates: 49.08g (17.85%), Sugar: 14.73g (16.37%), Cholesterol: 20.4mg (6.8%), Sodium: 695.63mg (30.24%), Protein: 25.4g (50.8%), Manganese: 2.81mg (140.29%), Vitamin K: 121.34µg (115.56%), Phosphorus: 578.7mg (57.87%), Copper: 0.99mg (49.5%), Fiber: 11.58g (46.31%), Calcium: 415mg (41.5%), Magnesium: 150.2mg (37.55%), Vitamin E: 4.57mg (30.5%), Zinc: 4.04mg (26.94%), Folate: 104.69µg (26.17%), Vitamin B3: 4.93mg (24.65%), Vitamin B1: 0.37mg (24.53%), Iron: 4.36mg (24.24%), Selenium: 15.5µg (22.15%), Potassium: 689.45mg (19.7%), Vitamin B6: 0.38mg (19.21%), Vitamin B2: 0.28mg (16.59%), Vitamin B5: 1.44mg (14.45%), Vitamin C: 10.56mg (12.8%), Vitamin B12: 0.36µg (6%), Vitamin A: 255.76IU (5.12%)