



Farro and Corn Salad



Vegetarian



Vegan



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



160 kcal

SIDE DISH

Ingredients

- ☐ 1 bunch arugula chopped
- ☐ 1 cup cherry tomatoes halved any color
- ☐ 1 cup farro
- ☐ 1.5 cups corn kernels fresh from 3 ears corn
- ☐ 1 juice of lemon
- ☐ 8 servings kosher salt and pepper freshly ground
- ☐ 1 teaspoon lemon zest grated
- ☐ 3 tablespoons olive oil extra-virgin

☐ 3 scallions sliced

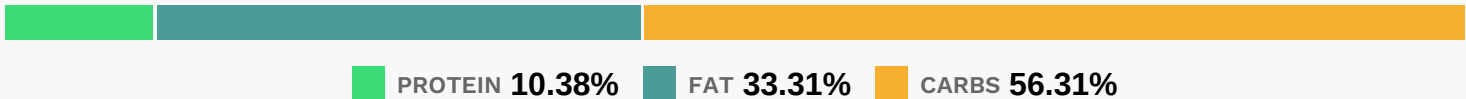
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook the farro as the label directs.
- ☐ Drain and rinse under cold water, then transfer to a large bowl and toss with 2 tablespoons olive oil.
- ☐ Heat the remaining 1 tablespoon olive oil in a large skillet over medium-high heat.
- ☐ Add the corn and cook, stirring occasionally, until it begins to char, about 2 minutes.
- ☐ Add the tomatoes and scallions and cook, stirring, until they just begin to wilt, about 2 more minutes.
- ☐ Add 1/4 teaspoon salt, and pepper to taste.
- ☐ Stir the corn mixture into the farro.
- ☐ Add the arugula, lemon zest and lemon juice and toss. Season with salt and pepper.
- ☐ Photograph by Kana Okada

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:4.81, Inflammation Score:-6, Nutrition Score:9.6930434185526%

Flavonoids

Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 4.99mg, Kaempferol: 4.99mg, Kaempferol: 4.99mg, Kaempferol: 4.99mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 160.48kcal (8.02%), Fat: 6.28g (9.66%), Saturated Fat: 0.94g (5.89%), Carbohydrates: 23.88g (7.96%), Net Carbohydrates: 18.84g (6.85%), Sugar: 2.85g (3.17%), Cholesterol: 0mg (0%), Sodium: 207.37mg (9.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.8%), Manganese: 0.56mg (28.21%), Vitamin K: 28.98µg (27.6%), Fiber: 5.03g (20.14%), Vitamin B1: 0.21mg (13.81%), Vitamin C: 10.83mg (13.13%), Selenium: 9µg (12.86%), Magnesium: 50.13mg (12.53%), Vitamin A: 527.38IU (10.55%), Phosphorus: 99.47mg (9.95%), Folate: 35.57µg (8.89%), Vitamin B3: 1.71mg (8.55%), Potassium: 286.86mg (8.2%), Copper: 0.16mg (7.93%), Iron: 1.4mg (7.81%), Vitamin E: 1.1mg (7.35%), Vitamin B6: 0.13mg (6.42%), Vitamin B2: 0.1mg (5.95%), Zinc: 0.88mg (5.83%), Calcium: 36.76mg (3.68%), Vitamin B5: 0.35mg (3.55%)