



Farro and Pine Nut Tabbouleh

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



372 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup garbanzo beans canned rinsed drained
- ☐ 1 small cucumber
- ☐ 1 cup farro (found at gourmet stores)
- ☐ 0.8 cup parsley fresh chopped
- ☐ 1 clove garlic finely chopped
- ☐ 2 large heirloom tomatoes
- ☐ 0.5 small jalapeno seeded finely chopped
- ☐ 1 juice of lemon

- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 tablespoons pinenuts
- ☐ 0.5 small onion red cut into 1/2-inch pieces

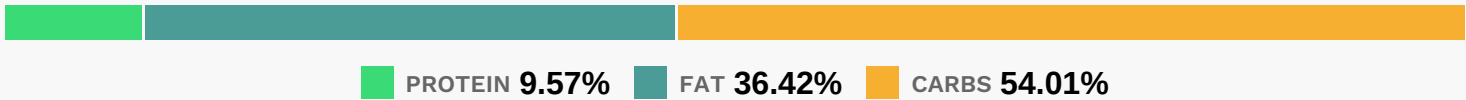
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 350°F. Cook farro as directed on package; set aside. Halve tomatoes. Scoop out and discard inner meat and seeds.
- ☐ Cut tomatoes into 1/4-inch pieces and place in a bowl. Peel cucumber, halve lengthwise and scoop out seedy center.
- ☐ Cut cucumber into ¼-inch pieces; add to tomatoes.
- ☐ Add garlic and onion. Toast pine nuts on a baking sheet in oven until slightly browned, about 6 minutes.
- ☐ Transfer to bowl.
- ☐ Add cooled farro, chickpeas, oil, lemon juice, parsley and jalapeño; stir to combine. Season with salt and pepper and stir again. Marinate at room temperature about 20 minutes before serving.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:53.58, Glycemic Load:3, Inflammation Score:-9, Nutrition Score:24.083913243335%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Apigenin: 24.25mg, Apigenin: 24.25mg, Apigenin: 24.25mg, Apigenin: 24.25mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 1.81mg, Myricetin: 1.81mg, Myricetin: 1.81mg, Myricetin: 1.81mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 372.49kcal (18.62%), Fat: 15.68g (24.12%), Saturated Fat: 1.96g (12.23%), Carbohydrates: 52.31g (17.44%), Net Carbohydrates: 40.47g (14.71%), Sugar: 4.47g (4.96%), Cholesterol: 0mg (0%), Sodium: 131.24mg (5.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.27g (18.53%), Vitamin K: 205.04µg (195.28%), Manganese: 1.62mg (81%), Fiber: 11.85g (47.4%), Vitamin C: 35mg (42.43%), Vitamin A: 1772.43IU (35.45%), Selenium: 19.95µg (28.49%), Vitamin B6: 0.47mg (23.41%), Copper: 0.45mg (22.34%), Phosphorus: 214.9mg (21.49%), Magnesium: 85.77mg (21.44%), Vitamin E: 2.65mg (17.69%), Iron: 3.17mg (17.62%), Potassium: 595.86mg (17.02%), Vitamin B3: 3.33mg (16.64%), Folate: 64.34µg (16.08%), Zinc: 2.05mg (13.67%), Vitamin B1: 0.19mg (12.85%), Vitamin B2: 0.12mg (7.03%), Calcium: 65.09mg (6.51%), Vitamin B5: 0.54mg (5.37%)