



Farro, Avocado, Cucumber, and Cherry Tomato Salad



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



198 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup avocado peeled sliced 1 small
- ☐ 0.5 teaspoon pepper black
- ☐ 1.8 cups cucumber english seeded chopped 1 small
- ☐ 4 teaspoons olive oil extravirgin
- ☐ 1 cup farro uncooked
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 1 tablespoon juice of lime fresh

- ☐ 0.3 teaspoon lime rind fresh grated
- ☐ 2 cups cranberry–orange relish red yellow halved
- ☐ 0.8 teaspoon salt
- ☐ 1 tablespoon citrus champagne vinegar

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place farro in a large saucepan; cover with water to 2 inches above farro. Bring to a boil. Cover, reduce heat, and simmer 30 minutes.
- ☐ Drain and rinse with cold water; drain well.
- ☐ Combine oil, rind, juice, vinegar, salt, and pepper in a large bowl; stir with a whisk.
- ☐ Add farro, tomatoes, cucumber, and cilantro; toss gently to coat.
- ☐ Place about 1 cup farro mixture on each of 5 plates; garnish evenly with avocado.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:40.2, Glycemic Load:13.65, Inflammation Score:-5, Nutrition Score:12.378695498342%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.58mg,

Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 198.35kcal (9.92%), Fat: 7.56g (11.63%), Saturated Fat: 1.1g (6.88%), Carbohydrates: 29.87g (9.96%), Net Carbohydrates: 23.95g (8.71%), Sugar: 3.19g (3.54%), Cholesterol: 0mg (0%), Sodium: 368.39mg (16.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.39g (12.79%), Manganese: 1.2mg (60.1%), Fiber: 5.92g (23.67%), Phosphorus: 182.82mg (18.28%), Vitamin B3: 3.53mg (17.63%), Magnesium: 66.66mg (16.67%), Vitamin K: 16.7µg (15.9%), Copper: 0.3mg (15.08%), Folate: 55.15µg (13.79%), Potassium: 463.14mg (13.23%), Vitamin C: 9.79mg (11.87%), Iron: 2.13mg (11.86%), Vitamin B1: 0.18mg (11.84%), Zinc: 1.54mg (10.24%), Vitamin B6: 0.19mg (9.44%), Vitamin B5: 0.86mg (8.55%), Vitamin E: 1.24mg (8.28%), Vitamin B2: 0.11mg (6.51%), Selenium: 4.53µg (6.47%), Calcium: 26.78mg (2.68%), Vitamin A: 131.18IU (2.62%)