



Farro, Green Bean, and Fennel Salad with Tuna

 Dairy Free  Very Healthy

READY IN



70 min.

SERVINGS



4

CALORIES



353 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon dijon mustard
- ☐ 0.5 cup whole-grain farro uncooked
- ☐ 1 cup fennel bulb very thinly sliced (1 small bulb)
- ☐ 0.3 cup flat-leaf parsley leaves fresh
- ☐ 1 small garlic clove minced
- ☐ 1 cup grape tomatoes halved lengthwise

- ☐ 2 cups cut green beans (2-inch) ()
- ☐ 5 green onions thinly sliced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup oil-cured olives pitted coarsely chopped
- ☐ 9 ounce sustainable oil-packed albacore tuna wild drained (such as Planet)
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.8 teaspoon salt divided
- ☐ 4 cups water
- ☐ 2 tablespoons citrus champagne vinegar

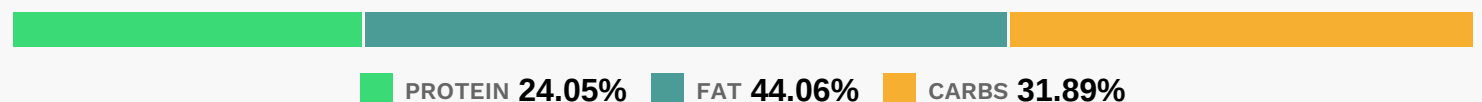
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine farro, 1/2 teaspoon salt, and 4 cups water in a medium saucepan; bring to a boil. Cover and simmer 60 minutes or until farro is tender but still slightly chewy.
- ☐ Drain. Cool slightly.
- ☐ While farro cooks, fill another medium saucepan two-thirds full with water; bring to a boil.
- ☐ Add green beans; cook 4 minutes or until crisp-tender.
- ☐ Drain and rinse with cold water; drain.
- ☐ Combine oil, vinegar, juice, mustard, and garlic in a large bowl; stir in the remaining 1/4 teaspoon salt and pepper.
- ☐ Add farro, beans, tomatoes, and next 4 ingredients (through green onions); toss well to combine. Flake tuna into large chunks.
- ☐ Add tuna to salad; toss gently to combine.

Nutrition Facts



Properties

Glycemic Index:71.75, Glycemic Load:2.23, Inflammation Score:-8, Nutrition Score:24.142608849899%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 352.79kcal (17.64%), Fat: 17.59g (27.06%), Saturated Fat: 2.57g (16.08%), Carbohydrates: 28.64g (9.55%), Net Carbohydrates: 21.23g (7.72%), Sugar: 4.37g (4.86%), Cholesterol: 19.77mg (6.59%), Sodium: 870.05mg (37.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.61g (43.21%), Vitamin K: 144.43µg (137.55%), Selenium: 48.96µg (69.94%), Vitamin B3: 9.54mg (47.71%), Manganese: 0.61mg (30.61%), Fiber: 7.41g (29.64%), Vitamin C: 23.96mg (29.04%), Phosphorus: 277.93mg (27.79%), Vitamin E: 3.98mg (26.54%), Vitamin A: 1235.12IU (24.7%), Vitamin B6: 0.48mg (24.21%), Vitamin B12: 1.4µg (23.39%), Potassium: 656.03mg (18.74%), Magnesium: 72.69mg (18.17%), Copper: 0.33mg (16.74%), Iron: 2.51mg (13.92%), Folate: 54.98µg (13.75%), Vitamin B2: 0.17mg (9.93%), Vitamin B1: 0.14mg (9.19%), Zinc: 1.22mg (8.13%), Calcium: 75.74mg (7.57%), Vitamin B5: 0.56mg (5.57%)