



Farro, Green Bean, Corn, and Abraham Lincoln Tomato Salad



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



104 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 0.5 cup ears corn fresh
- ☐ 1 garlic clove minced
- ☐ 1 cup green beans (1-inch)
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 1 tablespoon oregano fresh chopped
- ☐ 0.8 teaspoon salt divided
- ☐ 2 tablespoons shallots finely chopped
- ☐ 5 ounces farro
- ☐ 4 tomatoes cut into 6 slices
- ☐ 1.5 teaspoons citrus champagne vinegar

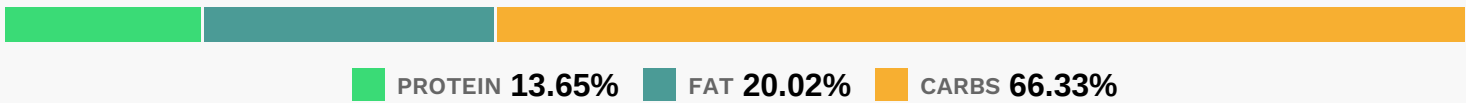
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place farro in a large saucepan; cover with water 2 inches above farro. Bring to a boil. Cover, reduce heat, and simmer 28 minutes.
- ☐ Add beans to pan; cook 2 minutes or until crisp-tender.
- ☐ Drain and rinse with cold water; drain.
- ☐ Combine shallots and next 5 ingredients (through garlic) in a medium bowl, stirring well with a whisk.
- ☐ Add farro mixture, corn, and oregano; toss gently to coat. Stir in 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Arrange 3 tomato slices on each of 8 plates; sprinkle evenly with remaining 1/2 teaspoon salt and remaining 1/4 teaspoon pepper. Top each serving with about 1/4 cup farro mixture.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:7.91, Inflammation Score:-8, Nutrition Score:8.376086888106%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 103.59kcal (5.18%), Fat: 2.51g (3.86%), Saturated Fat: 0.38g (2.38%), Carbohydrates: 18.69g (6.23%), Net Carbohydrates: 15.09g (5.49%), Sugar: 4.12g (4.58%), Cholesterol: 0mg (0%), Sodium: 228.8mg (9.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.69%), Manganese: 0.71mg (35.32%), Vitamin K: 16.61µg (15.82%), Fiber: 3.59g (14.36%), Vitamin C: 11.78mg (14.28%), Vitamin A: 637.67IU (12.75%), Phosphorus: 102.86mg (10.29%), Magnesium: 40.48mg (10.12%), Vitamin B3: 1.88mg (9.4%), Potassium: 290.2mg (8.29%), Iron: 1.44mg (8.01%), Vitamin B1: 0.12mg (7.81%), Copper: 0.15mg (7.55%), Folate: 28.3µg (7.08%), Vitamin B6: 0.14mg (6.95%), Vitamin E: 0.91mg (6.05%), Zinc: 0.8mg (5.31%), Vitamin B5: 0.36mg (3.6%), Selenium: 2.44µg (3.48%), Vitamin B2: 0.06mg (3.29%), Calcium: 28.86mg (2.89%)