



Farro, Green Olive, and Feta Salad

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



328 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup farro
- ☐ 0.5 cup flat parsley
- ☐ 2 tablespoons lemon zest finely chopped (from 4 lemons)
- ☐ 3 tablespoons meyer lemon juice
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.7 cup olives green
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 cup feta cheese crumbled

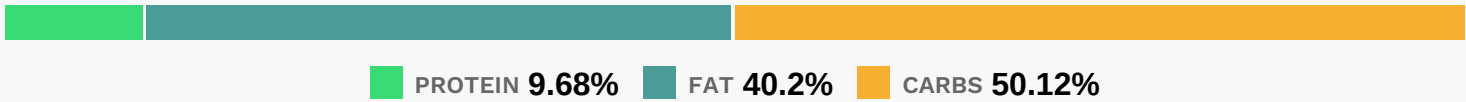
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk

Directions

- ☐ Bring 4 cups salted water to a boil and stir in farro. Reduce heat to a simmer and cook farro until just tender, about 20 minutes.
- ☐ Drain and spread out on a rimmed baking sheet to cool and dry a bit, about 5 minutes.
- ☐ Whisk oil, lemon juice and zest, pepper, and parsley together in a medium bowl. Stir in feta, olives, and cooked farro.
- ☐ *Find at well-stocked grocery stores or order online from bluebirdgrainfarms.com

Nutrition Facts



Properties

Glycemic Index:29.13, Glycemic Load:0.42, Inflammation Score:-7, Nutrition Score:17.7156522585%

Flavonoids

Eriodictyol: 2.13mg, Eriodictyol: 2.13mg, Eriodictyol: 2.13mg, Eriodictyol: 2.13mg Hesperetin: 3.69mg, Hesperetin: 3.69mg, Hesperetin: 3.69mg, Hesperetin: 3.69mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 328.14kcal (16.41%), Fat: 15.17g (23.34%), Saturated Fat: 4.06g (25.37%), Carbohydrates: 42.55g (14.18%), Net Carbohydrates: 33.46g (12.17%), Sugar: 1.06g (1.17%), Cholesterol: 16.69mg (5.56%), Sodium: 573.9mg (24.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.22g (16.44%), Vitamin K: 129.38µg (123.22%), Fiber: 9.09g (36.38%), Manganese: 0.71mg (35.69%), Selenium: 21.93µg (31.32%), Vitamin C: 18.25mg (22.12%), Phosphorus: 181.42mg (18.14%), Vitamin A: 814.02IU (16.28%), Vitamin B2: 0.23mg (13.4%), Vitamin E: 2mg (13.31%), Vitamin B3: 2.66mg (13.3%), Calcium: 132.76mg (13.28%), Copper: 0.26mg (13.1%), Magnesium: 50.98mg (12.75%), Vitamin B6:

0.23mg (11.75%), Iron: 2.06mg (11.47%), Zinc: 1.71mg (11.38%), Vitamin B1: 0.14mg (9.43%), Folate: 32.68µg (8.17%), Potassium: 227.81mg (6.51%), Vitamin B12: 0.32µg (5.28%), Vitamin B5: 0.39mg (3.9%)