



Farro Perlato Cereal

 Vegetarian

READY IN



515 min.

SERVINGS



4

CALORIES



215 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup farro perlato
- 1 cup milk 2%
- 1 pinch salt
- 0.5 vanilla pod split
- 2 teaspoons sugar white

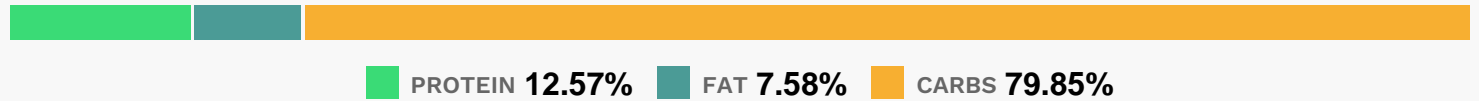
Equipment

- bowl
- sauce pan

Directions

- Place farro in a bowl and cover with several inches of cool water; let stand in refrigerator for 8 hours to overnight.
- Drain.
- Place farro in a saucepan and cover with water; stir in a pinch of salt and bring to a boil. Reduce heat to medium-low, cover, and simmer until tender, about 15 minutes.
- Drain.
- Mix milk, sugar, vanilla bean with seeds, and a pinch of salt together in a saucepan. Cook and stir over medium-low heat until sugar is dissolved and milk is warm, 5 to 7 minutes.
- Remove vanilla bean and add farro to milk mixture. Cook and stir until heated through, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:1.4, Inflammation Score:-3, Nutrition Score:9.3743478454973%

Nutrients (% of daily need)

Calories: 214.67kcal (10.73%), Fat: 1.85g (2.84%), Saturated Fat: 0.86g (5.4%), Carbohydrates: 43.84g (14.61%), Net Carbohydrates: 36.04g (13.11%), Sugar: 5.38g (5.98%), Cholesterol: 4.72mg (1.57%), Sodium: 41.94mg (1.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.9g (13.8%), Manganese: 0.67mg (33.47%), Fiber: 7.8g (31.2%), Selenium: 20.34µg (29.05%), Phosphorus: 164.78mg (16.48%), Vitamin B3: 2.36mg (11.78%), Magnesium: 45.99mg (11.5%), Copper: 0.21mg (10.68%), Vitamin B2: 0.17mg (9.8%), Zinc: 1.35mg (8.99%), Calcium: 85.33mg (8.53%), Vitamin B1: 0.12mg (7.9%), Vitamin B6: 0.15mg (7.62%), Iron: 1.26mg (7.02%), Potassium: 222.64mg (6.36%), Vitamin B12: 0.31µg (5.21%), Folate: 14.45µg (3.61%), Vitamin B5: 0.35mg (3.51%), Vitamin A: 71.18IU (1.42%), Vitamin K: 1.22µg (1.16%)