



Farro Risotto

 Vegetarian

READY IN



75 min.

SERVINGS



4

CALORIES



561 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 0.3 cup currants dried
- 1 cup farro
- 0.7 cup feta cheese crumbled
- 3 tablespoons flat-leaf parsley fresh chopped
- 0.5 teaspoon kosher salt divided
- 6 cups chicken broth low-sodium
- 3 tablespoons olive oil

- 0.3 cup pinenuts toasted (see Cook's Note)
- 2 small shallots chopped
- 2 tablespoons butter unsalted
- 0.3 cup white wine such as pinot grigio

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- dutch oven

Directions

- In a medium bowl, mix together the farro and 4 cups of water. Soak for 30 minutes and drain well.
- Heat the broth in a small saucepan and keep warm over low heat.
- In a large saucepan or Dutch oven, heat the oil and butter over medium heat.
- Add the shallots and season with 1/4 teaspoon salt and 1/4 teaspoon pepper. Cook until softened, about 2 minutes.
- Add the drained farro and cook, stirring constantly until toasted, about 3 minutes.
- Add the wine and stir constantly until evaporated, about 2 minutes.
- Add 1/2 cup of the hot broth and stir constantly until completely absorbed. Continue adding the remaining broth, 1/2 cup at a time, until the farro is creamy and cooked through, about 30 minutes. Turn off the heat and stir in the currants, pine nuts, feta cheese, and the remaining salt and pepper.
- Transfer to a bowl and serve.
- Cook's Note: To toast the pine nuts, arrange in a single layer on a baking sheet.
- Bake in a preheated 350 degrees F oven until lightly toasted, about 6 to 8 minutes. Cool completely before using.

Nutrition Facts

PROTEIN 12.37% FAT 47.47% CARBS 40.16%

Properties

Glycemic Index:36.5, Glycemic Load:3.01, Inflammation Score:-7, Nutrition Score:22.767391147821%

Flavonoids

Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 560.52kcal (28.03%), Fat: 30.1g (46.31%), Saturated Fat: 9.56g (59.74%), Carbohydrates: 57.28g (19.09%), Net Carbohydrates: 48.08g (17.48%), Sugar: 9.65g (10.73%), Cholesterol: 37.3mg (12.43%), Sodium: 695.92mg (30.26%), Alcohol: 2.1g (100%), Alcohol %: 0.53% (100%), Protein: 17.65g (35.31%), Manganese: 1.54mg (77.06%), Vitamin K: 63.01µg (60.01%), Vitamin B3: 8.03mg (40.17%), Phosphorus: 372.66mg (37.27%), Fiber: 9.2g (36.81%), Selenium: 22.98µg (32.83%), Copper: 0.57mg (28.29%), Vitamin B2: 0.42mg (24.63%), Magnesium: 77.99mg (19.5%), Potassium: 667.09mg (19.06%), Zinc: 2.82mg (18.8%), Iron: 3.27mg (18.17%), Vitamin B6: 0.36mg (18.08%), Calcium: 175.66mg (17.57%), Vitamin E: 2.56mg (17.07%), Vitamin B12: 0.79µg (13.14%), Vitamin B1: 0.19mg (12.97%), Vitamin A: 557.22IU (11.14%), Folate: 32.63µg (8.16%), Vitamin C: 5.62mg (6.81%), Vitamin B5: 0.47mg (4.74%), Vitamin D: 0.2µg (1.37%)