






 **74%**  
HEALTH SCORE

# Farro Salad with Grilled Eggplant, Tomatoes and Onion

 Vegetarian  Vegan  Dairy Free  Very Healthy  Popular

READY IN  
  
**95 min.**

SERVINGS  
  
**4**

CALORIES  
  
**566 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 0.3 cup balsamic vinegar
- 0.3 teaspoon pepper black freshly ground
- 2 teaspoons dijon mustard
- 3 japanese eggplants halved (baby)
- 1.5 cups farro
- 0.3 cup optional: dill fresh chopped
- 0.3 cup optional: dill fresh plus more for garnish chopped

- 0.5 pint grape tomatoes washed and sliced in 1/2
- 0.3 teaspoon kosher salt
- 0.5 cup olive oil
- 4 servings olive oil for brushing
- 1 small onion red peeled halved sliced
- 4 servings salt and pepper black freshly ground
- 1 small shallots finely chopped

## Equipment

- bowl
- whisk
- pot
- grill

## Directions

- Watch how to make this recipe.
- Cook farro in a large pot of boiling salted water until just tender, about 15 minutes.
- Drain well and place in a large bowl.
- Heat grill to high. While the farro is cooking, brush the eggplants and onion slices with oil and season with salt and pepper. Grill for 3 to 4 minutes on each side or until just cooked through.
- Remove from the grill and cut into 1-inch dice.
- Add the eggplant and onions to the farro along with the tomatoes and dill.
- Pour Sherry Vinegar over the farro mixture and stir to combine.
- Garnish with additional dill. Best served at room temperature.
- Whisk together the shallot, vinegar, mustard, salt, pepper, and dill in a small bowl. Slowly whisk in the oil until emulsified.

## Nutrition Facts



## Properties

Glycemic Index:75.25, Glycemic Load:5.83, Inflammation Score:-9, Nutrition Score:28.596956501836%

## Flavonoids

Delphinidin: 294.35mg, Delphinidin: 294.35mg, Delphinidin: 294.35mg, Delphinidin: 294.35mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 3.93mg, Isorhamnetin: 3.93mg, Isorhamnetin: 3.93mg, Isorhamnetin: 3.93mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 9.3mg, Quercetin: 9.3mg, Quercetin: 9.3mg, Quercetin: 9.3mg

## Nutrients (% of daily need)

Calories: 566.16kcal (28.31%), Fat: 21.2g (32.61%), Saturated Fat: 3.02g (18.87%), Carbohydrates: 87.81g (29.27%), Net Carbohydrates: 64.14g (23.32%), Sugar: 18.36g (20.4%), Cholesterol: 0mg (0%), Sodium: 198.95mg (8.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.19g (24.38%), Manganese: 2.04mg (102.21%), Fiber: 23.67g (94.68%), Selenium: 30.38µg (43.4%), Potassium: 1265.99mg (36.17%), Copper: 0.66mg (33.1%), Magnesium: 124.64mg (31.16%), Vitamin B3: 6.19mg (30.93%), Vitamin B6: 0.6mg (29.93%), Folate: 118.07µg (29.52%), Vitamin K: 30.59µg (29.13%), Phosphorus: 284.07mg (28.41%), Vitamin C: 23.2mg (28.12%), Vitamin E: 4.18mg (27.85%), Vitamin B1: 0.32mg (21.59%), Vitamin A: 1045.44IU (20.91%), Iron: 3.63mg (20.17%), Zinc: 2.4mg (16.03%), Vitamin B2: 0.25mg (14.82%), Vitamin B5: 1.32mg (13.15%), Calcium: 86.6mg (8.66%)