



WHATSheATE



HEALTH SCORE

70%

Farro Salad with Peas, Asparagus, and Feta



Vegetarian



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



510 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 ounces asparagus trimmed cut into 1 1/2-inch lengths
- ☐ 1.5 cups farro
- ☐ 7 ounce feta cheese crumbled
- ☐ 6 tablespoons optional: dill fresh chopped
- ☐ 12 ounces grape tomatoes halved
- ☐ 0.5 cup olive oil
- ☐ 0.5 cup onion red chopped
- ☐ 0.3 cup sherry vinegar

☐ 8 ounce sugar snap peas

Equipment

☐ bowl

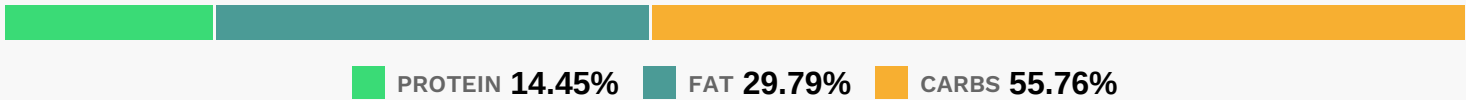
☐ sauce pan

☐ whisk

Directions

- ☐ Cook farro in large saucepan of boiling salted water until just tender, about 10 minutes.
- ☐ Drain.
- ☐ Transfer to large bowl.
- ☐ Meanwhile, cook asparagus and sugar snap peas in another saucepan of boiling salted water until crisp-tender, about 3 minutes.
- ☐ Drain.
- ☐ Add to farro with tomatoes, onion, and dill.
- ☐ Whisk oil and vinegar in small bowl. Season dressing with salt and pepper.
- ☐ Add dressing and feta to salad; toss to coat and serve.
- ☐ Farro is an ancient Tuscan grain with a mellow, nutty flavor. You'll find it in some supermarkets, specialty foods stores, and Italian markets.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:2.29, Inflammation Score:-9, Nutrition Score:33.881304341814%

Flavonoids

Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 6.11mg, Isorhamnetin: 6.11mg, Isorhamnetin: 6.11mg, Isorhamnetin: 6.11mg Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 16.77mg, Quercetin: 16.77mg, Quercetin: 16.77mg, Quercetin: 16.77mg

Nutrients (% of daily need)

Calories: 510.44kcal (25.52%), Fat: 17.35g (26.69%), Saturated Fat: 7.62g (47.6%), Carbohydrates: 73.05g (24.35%), Net Carbohydrates: 56.72g (20.63%), Sugar: 7.55g (8.39%), Cholesterol: 44.15mg (14.72%), Sodium: 583.01mg (25.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.93g (37.86%), Manganese: 1.42mg (70.77%), Fiber: 16.33g (65.33%), Vitamin C: 52.5mg (63.63%), Vitamin K: 62.15µg (59.19%), Selenium: 38.17µg (54.53%), Vitamin A: 2240.31IU (44.81%), Phosphorus: 435.02mg (43.5%), Vitamin B2: 0.69mg (40.76%), Vitamin B6: 0.67mg (33.33%), Calcium: 326.43mg (32.64%), Vitamin B1: 0.47mg (31.16%), Iron: 5.61mg (31.14%), Copper: 0.6mg (29.84%), Folate: 118.62µg (29.66%), Vitamin B3: 5.65mg (28.27%), Magnesium: 106.47mg (26.62%), Zinc: 3.83mg (25.51%), Potassium: 767.03mg (21.92%), Vitamin E: 2.53mg (16.85%), Vitamin B5: 1.45mg (14.52%), Vitamin B12: 0.84µg (13.97%), Vitamin D: 0.2µg (1.32%)