



## Farro Salad with Tomatoes and Herbs

 Vegetarian  Vegan  Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



285 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 tablespoons balsamic vinegar
- 6 servings pepper black freshly ground
- 1.5 cups farro
- 0.3 cup chives fresh snipped
- 1 large garlic clove minced
- 0.3 cup olive oil extra-virgin
- 0.3 cup parsley leaves fresh italian finely chopped
- 2 teaspoons salt plus more to taste

- 0.5 onion sweet chopped (recommended: Walla Walla)
- 1 pound tomatoes seeded chopped
- 4 cups water

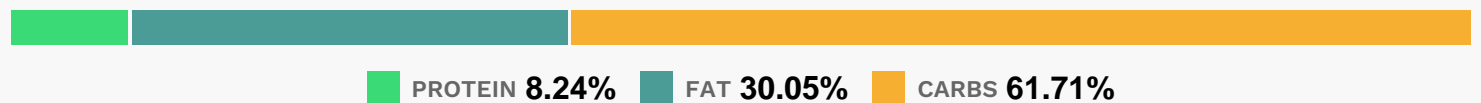
## Equipment

- bowl
- sauce pan
- whisk

## Directions

- Watch how to make this recipe.
- Combine the water and farro in a medium saucepan.
- Add 2 teaspoons of salt. Bring to a boil over high heat. Reduce the heat to medium-low, cover, and simmer until the farro is tender, about 30 minutes.
- Drain well, and then transfer to a large bowl to cool.
- Add the tomatoes, onion, chives, and parsley to the farro, and toss to combine.
- In a medium bowl, whisk together the garlic, vinegar, salt, pepper, and olive oil.
- Add the vinaigrette to the salad and toss to coat.
- The salad can be refrigerated overnight. Bring to room temperature before serving.

## Nutrition Facts



## Properties

Glycemic Index:37.83, Glycemic Load:1.32, Inflammation Score:-7, Nutrition Score:14.631304150042%

## Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg

0.11mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg

## **Nutrients (% of daily need)**

Calories: 285.08kcal (14.25%), Fat: 9.79g (15.06%), Saturated Fat: 1.39g (8.7%), Carbohydrates: 45.25g (15.08%), Net Carbohydrates: 36.14g (13.14%), Sugar: 4.63g (5.14%), Cholesterol: 0mg (0%), Sodium: 796.49mg (34.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.04g (12.08%), Vitamin K: 57.3µg (54.57%), Manganese: 0.81mg (40.42%), Fiber: 9.12g (36.46%), Selenium: 19.08µg (27.26%), Vitamin C: 16.13mg (19.55%), Vitamin A: 924.76IU (18.5%), Copper: 0.31mg (15.32%), Vitamin B3: 2.84mg (14.18%), Phosphorus: 140.44mg (14.04%), Magnesium: 54.78mg (13.7%), Vitamin B6: 0.24mg (11.87%), Vitamin E: 1.74mg (11.62%), Potassium: 380.33mg (10.87%), Iron: 1.82mg (10.12%), Vitamin B1: 0.14mg (9.29%), Folate: 34.77µg (8.69%), Zinc: 1.29mg (8.63%), Vitamin B2: 0.08mg (4.82%), Calcium: 40.65mg (4.06%), Vitamin B5: 0.26mg (2.55%)