



Farro Soup in the Style of Lucca: Minestra di Faro Lucchese

READY IN



95 min.

SERVINGS



4

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounce borlotti beans rinsed drained canned
- 2 large carrots cut into 1/4-inch half moons
- 2 celery stalks thinly sliced
- 2 tablespoons basil leaves fresh cut into chiffonade
- 1.5 cups peas fresh green
- 1 leek light white green thinly sliced
- 3 tablespoons olive oil extra-virgin
- 1 onion spanish thinly sliced

- 4 servings parmigiano-reggiano freshly grated
- 4 servings salt and pepper black freshly ground
- 1 tablespoons tomato paste
- 4 servings water
- 1 cup faro (may substitute wheat berries)

Equipment

- bowl
- frying pan
- dutch oven

Directions

- In a 10-inch Dutch oven or stockpan, heat the olive oil over a medium-high flame until hot but not smoking.
- Add the onion, celery, and leek and cook, stirring occasionally, until soft and light golden brown, about 5 minutes.
- Add the faro, beans, and tomato paste, stirring so that the tomato paste is spread throughout the pan.
- Add salt and pepper, to taste.
- Add water until the mixture is completely covered.
- Let the liquid come to a boil then lower the heat and let the soup simmer gently for 30 minutes.
- Add the peas and the carrots, stirring to combine, and continue to cook for another 30 minutes, adding more water when necessary to keep the soup from getting to dry.
- To serve: Divide evenly between 4 warmed soup bowls and garnish, to taste, with basil and Parmigiano-Reggiano.

Nutrition Facts



PROTEIN 19.11% **FAT 31.9%** **CARBS 48.99%**

Properties

Glycemic Index:89.04, Glycemic Load:5.25, Inflammation Score:-10, Nutrition Score:25.662174058997%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 535.09kcal (26.75%), Fat: 19.47g (29.96%), Saturated Fat: 6.51g (40.69%), Carbohydrates: 67.29g (22.43%), Net Carbohydrates: 50.06g (18.2%), Sugar: 7.58g (8.42%), Cholesterol: 20.4mg (6.8%), Sodium: 841.37mg (36.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.25g (52.5%), Vitamin A: 7159.16IU (143.18%), Fiber: 17.24g (68.94%), Calcium: 462.92mg (46.29%), Vitamin K: 40.99µg (39.04%), Phosphorus: 372.95mg (37.29%), Vitamin C: 30.38mg (36.82%), Folate: 131.13µg (32.78%), Manganese: 0.63mg (31.57%), Iron: 4.82mg (26.78%), Magnesium: 76.74mg (19.18%), Potassium: 626.95mg (17.91%), Copper: 0.34mg (16.9%), Zinc: 2.43mg (16.23%), Vitamin B1: 0.24mg (16.17%), Selenium: 10.99µg (15.7%), Vitamin B6: 0.31mg (15.62%), Vitamin E: 2.28mg (15.22%), Vitamin B2: 0.25mg (14.57%), Vitamin B3: 2.26mg (11.3%), Vitamin B12: 0.36µg (6%), Vitamin B5: 0.49mg (4.92%)