



Farro & Sun-Dried Tomato Fritters

READY IN



30 min.

SERVINGS



12

CALORIES



223 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 eggs lightly beaten
- ☐ 1 cup farro
- ☐ 2 tablespoon flat parsley minced
- ☐ 1 pinch kosher salt & pepper black
- ☐ 2 tablespoon oil-packed sun-dried tomatoes minced
- ☐ 5 tablespoon olive oil
- ☐ 0.5 small onion minced
- ☐ 1 cup parmesan cheese
- ☐ 2 cup vegetable broth

☐ 2 cup vegetable oil for frying as needed

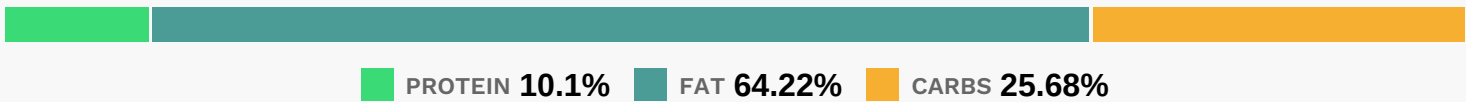
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ spatula
- ☐ butter knife

Directions

- ☐ Heat the olive oil in a medium saucepan set over medium heat.
- ☐ Add the farro and cook, stirring occasionally until the grains are coated and you begin to hear a popping sound sound. Stir in the onion and cook until translucent, about 4 minutes.
- ☐ Add the broth and bring to a boil. Lower the heat and simmer until the liquid is absorbed and the farro is cooked through but al dente, about 12 more minutes.
- ☐ Transfer the farro to a bowl let it cool about 5 minutes.
- ☐ Add the Parmesan cheese, sun-dried tomatoes, parsley and the eggs.
- ☐ Mix well and season with salt and pepper to taste. Set aside about 15 minutes. Meanwhile heat about ¼-inch vegetable oil in a large non-stick or cast iron skillet set over medium-high heat until quite hot, but not yet smoking. Using a large spoon, drop batter in 2-tablespoonful mounds into oil. With a small spatula or butter knife, gently flatten each mound and fry until golden, about 4 minutes per side, carefully flipping once (adjust heat if browning too quickly).
- ☐ Drain on paper towels. Season with more salt and serve warm.

Nutrition Facts



Properties

Glycemic Index:13.42, Glycemic Load:0.47, Inflammation Score:-3, Nutrition Score:6.5734783151875%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 223.14kcal (11.16%), Fat: 16.18g (24.89%), Saturated Fat: 3.56g (22.23%), Carbohydrates: 14.56g (4.85%), Net Carbohydrates: 11.78g (4.28%), Sugar: 1g (1.11%), Cholesterol: 32.95mg (10.98%), Sodium: 306.81mg (13.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.45%), Vitamin K: 28.71µg (27.34%), Selenium: 10.47µg (14.96%), Manganese: 0.24mg (12.21%), Phosphorus: 113.39mg (11.34%), Fiber: 2.77g (11.1%), Calcium: 110.17mg (11.02%), Vitamin E: 1.54mg (10.26%), Vitamin A: 255.28IU (5.11%), Vitamin B2: 0.09mg (5.04%), Magnesium: 19.96mg (4.99%), Zinc: 0.71mg (4.72%), Copper: 0.09mg (4.6%), Vitamin B3: 0.88mg (4.41%), Iron: 0.77mg (4.28%), Vitamin B6: 0.07mg (3.51%), Vitamin B1: 0.04mg (2.96%), Potassium: 101.05mg (2.89%), Vitamin B12: 0.17µg (2.75%), Folate: 10µg (2.5%), Vitamin B5: 0.22mg (2.21%), Vitamin C: 1.43mg (1.73%), Vitamin D: 0.19µg (1.26%)