



WHATSheATE



HEALTH SCORE

63%

Farro Tabbouleh Salad



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



169 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



6 ounces arugula coarsely chopped



5 ounces farro



3 tablespoons juice of lemon fresh



0.3 cup mint leaves



3 tablespoons olive oil extra-virgin



1 cup parsley leaves



6 servings salt and pepper freshly ground



2 large scallions thinly sliced

- ☐ 0.5 pound tomatoes coarsely chopped
- ☐ 6 servings water

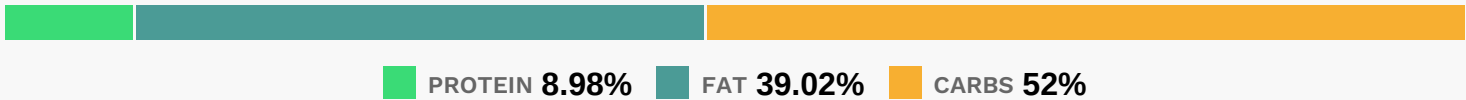
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ colander

Directions

- ☐ In a medium saucepan, cover the farro with 2 inches of cold water and bring to a boil. Cook over high heat for 5 minutes. Turn off the heat and let the farro stand until plump and al dente, 45 to 60 minutes.
- ☐ Drain the farro in a colander, shaking off the excess water.
- ☐ Let stand until cool; shake the colander occasionally to dry the farro.
- ☐ In a large bowl, whisk the lemon juice with the olive oil and season generously with salt and pepper.
- ☐ Add the farro, tomatoes, scallions, parsley and mint and toss. Season with salt and pepper, gently fold in the arugula and serve.
- ☐ Make Ahead: The farro can be prepared through Step 1 and refrigerated for up to 2 days. The finished salad can stand at room temperature for up to 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:0.8, Inflammation Score:-9, Nutrition Score:15.478695631027%

Flavonoids

Eriodictyol: 1.14mg, Eriodictyol: 1.14mg, Eriodictyol: 1.14mg, Eriodictyol: 1.14mg Hesperetin: 1.34mg, Hesperetin: 1.34mg, Hesperetin: 1.34mg, Hesperetin: 1.34mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 21.69mg, Apigenin: 21.69mg, Apigenin: 21.69mg, Apigenin: 21.69mg Luteolin: 0.43mg,

Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 10.19mg, Kaempferol: 10.19mg, Kaempferol: 10.19mg, Kaempferol: 10.19mg Myricetin: 1.53mg, Myricetin: 1.53mg, Myricetin: 1.53mg, Myricetin: 1.53mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 168.6kcal (8.43%), Fat: 7.67g (11.8%), Saturated Fat: 1.08g (6.77%), Carbohydrates: 23g (7.67%), Net Carbohydrates: 17.64g (6.41%), Sugar: 2.23g (2.48%), Cholesterol: 0mg (0%), Sodium: 225.21mg (9.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.95%), Vitamin K: 219.87µg (209.4%), Vitamin A: 2024.93IU (40.5%), Vitamin C: 28mg (33.93%), Manganese: 0.51mg (25.33%), Fiber: 5.36g (21.45%), Folate: 63.49µg (15.87%), Selenium: 9.06µg (12.94%), Magnesium: 47.63mg (11.91%), Iron: 2.02mg (11.24%), Copper: 0.21mg (10.62%), Potassium: 360.8mg (10.31%), Vitamin E: 1.47mg (9.81%), Calcium: 89.6mg (8.96%), Phosphorus: 87.33mg (8.73%), Vitamin B3: 1.62mg (8.11%), Vitamin B6: 0.13mg (6.66%), Zinc: 0.9mg (5.97%), Vitamin B1: 0.09mg (5.91%), Vitamin B2: 0.08mg (4.87%), Vitamin B5: 0.29mg (2.89%)