



Farro & Tomato Salad with Basil & Anchovies



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



373 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 unknown handful basil leaves fresh
- ☐ 1 cup cherry tomatoes sweet ripe halved (24 tomatoes)
- ☐ 1 small cucumber sliced
- ☐ 1 cup whole-grain farro
- ☐ 6 tablespoon olive oil extra-virgin
- ☐ 1 pinch freshly crackked pepper black as needed plus more
- ☐ 1 pinch salt as needed plus more
- ☐ 1 teaspoon sherry vinegar

☐ 3 cup water

Equipment

☐ frying pan

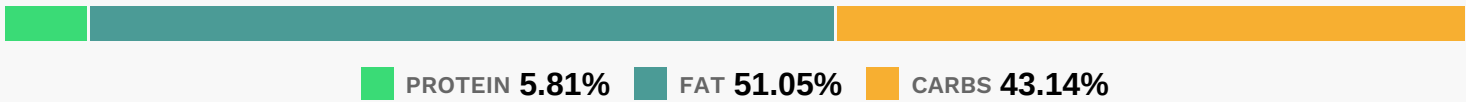
☐ sauce pan

☐ whisk

Directions

- ☐ Combine the farro with the water and salt in a 2-quart saucepan and cook uncovered at a bare simmer until just tender, 10 to 15 minutes. You should get about 2 cups.
- ☐ Drain and spread on a sheet pan so it will cool evenly.
- ☐ Whisk together the oil, vinegar, and salt & pepper to taste. The vinegar flavor should be barely strong enough to detect.
- ☐ Combine the farro, tomatoes, anchovies and cucumbers,and toss with just enough vinaigrette to coat. Tear The basil leaves, then fold into the farro. Taste again.
- ☐ Serve promptly, while the flavors are bright and clear and before the farro soaks up the vinegar.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:0.09, Inflammation Score:-4, Nutrition Score:11.459999965585%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 373.41kcal (18.67%), Fat: 21.69g (33.36%), Saturated Fat: 3.03g (18.94%), Carbohydrates: 41.23g (13.74%), Net Carbohydrates: 32.88g (11.96%), Sugar: 1.87g (2.08%), Cholesterol: 0mg (0%), Sodium: 28.48mg (1.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.1%), Manganese: 0.73mg (36.69%), Fiber: 8.35g (33.38%), Selenium: 19.08µg (27.25%), Vitamin E: 3.26mg (21.7%), Vitamin K: 18.08µg (17.22%), Copper: 0.3mg (14.76%), Phosphorus: 129.42mg (12.94%), Vitamin B3: 2.52mg (12.58%), Magnesium: 49.52mg (12.38%), Vitamin C:

9.78mg (11.86%), Iron: 1.72mg (9.55%), Vitamin B6: 0.18mg (8.99%), Vitamin B1: 0.12mg (8.08%), Zinc: 1.2mg (8.02%), Potassium: 276.25mg (7.89%), Folate: 21.94µg (5.49%), Vitamin A: 227IU (4.54%), Vitamin B2: 0.08mg (4.42%), Calcium: 30.03mg (3%), Vitamin B5: 0.28mg (2.84%)