



Farro with Artichokes and Herb Salad

 Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



2771 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup marinated baby artichokes halved drained
- ☐ 1 bay leaf
- ☐ 1 carrots diced finely
- ☐ 2 celery ribs diced thinly sliced finely
- ☐ 1 small celery root diced peeled finely
- ☐ 0.3 cup chives snipped
- ☐ 1 cup cooking wine dry white
- ☐ 14 ounces farro

- ☐ 0.5 cup flat-leaf parsley leaves
- ☐ 3 tablespoons grana padano cheese grated shaved for garnish
- ☐ 4 cups chicken broth low-sodium
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 small onion diced finely
- ☐ 1 serving salt and pepper freshly ground
- ☐ 1 tablespoon tarragon leaves
- ☐ 4 tablespoons butter unsalted
- ☐ 1 teaspoon citrus champagne vinegar

Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In a large saucepan, melt 2 tablespoons of the butter.
- ☐ Add the carrot, celery root, onion, diced celery and bay leaf and cook over moderate heat, stirring occasionally, until the vegetables are lightly browned, about 5 minutes.
- ☐ Add the farro and cook, stirring, for 2 minutes.
- ☐ Add the wine and cook, stirring occasionally, until completely absorbed, about 5 minutes.
- ☐ Add half of the broth and cook, stirring occasionally, until completely absorbed, about 12 minutes. Season with salt and pepper.
- ☐ Add the remaining broth and cook, stirring occasionally, until completely absorbed, about 12 minutes longer. Discard the bay leaf. Stir in the grated cheese along with the artichokes and the remaining 2 tablespoons of butter until creamy. Spoon into bowls.
- ☐ In a medium bowl, toss the sliced celery and celery leaves with the parsley, chives and tarragon.
- ☐ Add the vinegar and oil, season with salt and pepper and toss. Mound the salad over the farro, garnish with cheese shavings and serve.

Nutrition Facts



 **PROTEIN 12.42%**  **FAT 25.31%**  **CARBS 62.27%**

Properties

Glycemic Index:329.83, Glycemic Load:23.79, Inflammation Score:-10, Nutrition Score:78.902608684872%

Flavonoids

Malvidin: 0.14mg, Malvidin: 0.14mg, Malvidin: 0.14mg, Malvidin: 0.14mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg Apigenin: 80.55mg, Apigenin: 80.55mg, Apigenin: 80.55mg, Apigenin: 80.55mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 4.18mg, Isorhamnetin: 4.18mg, Isorhamnetin: 4.18mg, Isorhamnetin: 4.18mg Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg Myricetin: 4.52mg, Myricetin: 4.52mg, Myricetin: 4.52mg, Myricetin: 4.52mg Quercetin: 16.2mg, Quercetin: 16.2mg, Quercetin: 16.2mg, Quercetin: 16.2mg

Nutrients (% of daily need)

Calories: 2770.97kcal (138.55%), Fat: 76.57g (117.8%), Saturated Fat: 36.57g (228.57%), Carbohydrates: 423.89g (141.3%), Net Carbohydrates: 335.89g (122.14%), Sugar: 26.86g (29.84%), Cholesterol: 130.6mg (43.53%), Sodium: 1716.4mg (74.63%), Alcohol: 24.72g (100%), Alcohol %: 1.17% (100%), Protein: 84.57g (169.14%), Vitamin K: 812.77µg (774.07%), Manganese: 7.4mg (369.98%), Fiber: 88.01g (352.03%), Vitamin A: 16679.12IU (333.58%), Selenium: 159.23µg (227.47%), Phosphorus: 2157.77mg (215.78%), Vitamin B3: 37.87mg (189.36%), Copper: 2.79mg (139.66%), Iron: 24.85mg (138.05%), Vitamin C: 113.86mg (138.01%), Potassium: 4798.84mg (137.11%), Vitamin B6: 2.72mg (135.97%), Magnesium: 543.72mg (135.93%), Zinc: 13.23mg (88.17%), Calcium: 878.26mg (87.83%), Vitamin B2: 1.42mg (83.79%), Vitamin B1: 1.23mg (81.94%), Folate: 251.65µg (62.91%), Vitamin E: 6.45mg (43.01%), Vitamin B5: 4.07mg (40.69%), Vitamin B12: 1.22µg (20.32%), Vitamin D: 0.92µg (6.1%)