



Farro with Cheese and Herbs

 Vegetarian

READY IN



55 min.

SERVINGS



8

CALORIES



628 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 8 servings butter for baking dish
- 8 ounces cheddar extra-sharp grated
- 1 pound farro
- 3 tablespoons herbs de provence
- 1 tablespoon kosher salt
- 2 tablespoons kosher salt
- 8 ounces mozzarella cheese grated

- 5 ounces whole-grain bread
- 8 servings olive oil extra-virgin for drizzling
- 8 cups water
- 1 cup milk whole

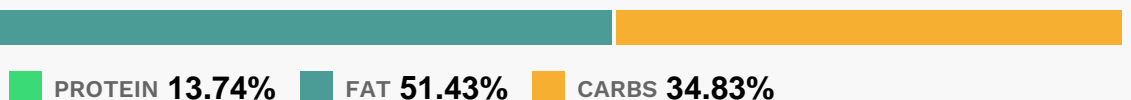
Equipment

- bowl
- oven
- pot
- baking pan
- colander
- glass baking pan

Directions

- Watch how to make this recipe.
- Put an oven rack in the center of the oven. Preheat the oven to 400 degrees F. Butter a 9 by 13 by 2-inch glass baking dish. Set aside.
- Farro: In a large stockpot, bring the farro, water and salt to a boil over medium-high heat. Reduce the heat, cover the pot, and simmer until the farro is tender, about 25 to 30 minutes.
- Drain in a colander.
- Filling: In a large bowl mix together the cheeses, milk, herbes de Provence, salt, and pepper.
- Add the cooked farro and stir until coated.
- Pour the mixture into the prepared baking dish.
- Topping: Arrange the bread pieces on top of the farro mixture and drizzle liberally with olive oil.
- Bake for 15 minutes until the topping is golden. Cool for 5 minutes and serve.

Nutrition Facts



Properties

Glycemic Index:30.46, Glycemic Load:5.49, Inflammation Score:-7, Nutrition Score:22.44782616522%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 627.66kcal (31.38%), Fat: 36.41g (56.01%), Saturated Fat: 14.55g (90.95%), Carbohydrates: 55.48g (18.49%), Net Carbohydrates: 44.99g (16.36%), Sugar: 3.12g (3.46%), Cholesterol: 65.16mg (21.72%), Sodium: 3120.86mg (135.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.88g (43.76%), Manganese: 1.28mg (64.06%), Selenium: 39.5µg (56.43%), Calcium: 465.4mg (46.54%), Phosphorus: 428.28mg (42.83%), Fiber: 10.49g (41.98%), Vitamin K: 38.75µg (36.91%), Zinc: 3.64mg (24.28%), Iron: 4.01mg (22.27%), Vitamin B2: 0.35mg (20.55%), Magnesium: 81.47mg (20.37%), Vitamin B12: 1.12µg (18.67%), Vitamin B3: 3.55mg (17.75%), Vitamin E: 2.63mg (17.56%), Copper: 0.35mg (17.27%), Vitamin B1: 0.22mg (14.63%), Vitamin A: 720.75IU (14.42%), Vitamin B6: 0.24mg (12.16%), Potassium: 307.93mg (8.8%), Folate: 32.7µg (8.18%), Vitamin B5: 0.56mg (5.6%), Vitamin D: 0.62µg (4.13%)