



## Farro with Coarse Pesto

READY IN



35 min.

SERVINGS



8

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 8 cups chicken broth
- 1 pound farro
- 0.3 cup basil leaves fresh
- 2 cups flat-leaf parsley fresh
- 2 tablespoons thyme leaves fresh
- 2 cloves garlic
- 0.3 cup olive oil extra-virgin
- 8 servings pecorino cheese wedge for garnish

1 tablespoon red wine vinegar

0.8 teaspoon salt

## Equipment

food processor

bowl

sauce pan

peeler

## Directions

Bring the chicken broth to a boil in a large saucepan over high heat.

Add the farro and stir to combine. Reduce the heat to low and simmer the farro, covered, until tender, about 25 minutes.

Drain farro and set aside in a large bowl.

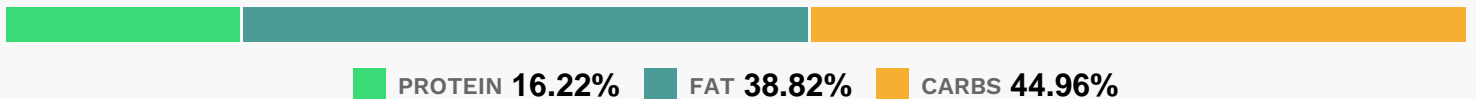
Meanwhile, in a food processor combine the parsley, basil, thyme, and garlic. Pulse until the herbs are roughly chopped.

Add the olive oil, vinegar, salt, and pepper. Pulse again until the herbs make a coarse mixture.

Toss the warm farro with the coarse pesto.

Transfer to a serving bowl. Using a vegetable peeler on the cheese wedge to make about 1/2 cup of cheese shavings. Top the farro with the cheese shavings and serve.

## Nutrition Facts



## Properties

Glycemic Index:29.5, Glycemic Load:0.61, Inflammation Score:-10, Nutrition Score:22.860869780831%

## Flavonoids

Apigenin: 32.37mg, Apigenin: 32.37mg, Apigenin: 32.37mg, Apigenin: 32.37mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 418.47kcal (20.92%), Fat: 18.39g (28.3%), Saturated Fat: 6.58g (41.1%), Carbohydrates: 47.92g (15.97%), Net Carbohydrates: 38.28g (13.92%), Sugar: 1.82g (2.02%), Cholesterol: 35.9mg (11.97%), Sodium: 1464.04mg (63.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.29g (34.58%), Vitamin K: 256.66µg (244.43%), Manganese: 0.96mg (47.81%), Fiber: 9.64g (38.58%), Selenium: 26.8µg (38.28%), Calcium: 376.41mg (37.64%), Phosphorus: 375.17mg (37.52%), Vitamin A: 1528.73IU (30.57%), Vitamin C: 23.13mg (28.04%), Vitamin B2: 0.34mg (19.93%), Magnesium: 70.7mg (17.68%), Iron: 3.16mg (17.54%), Vitamin B3: 3.39mg (16.95%), Copper: 0.32mg (16.08%), Zinc: 2.36mg (15.71%), Vitamin B1: 0.18mg (12.29%), Vitamin E: 1.59mg (10.6%), Vitamin B6: 0.2mg (10.17%), Folate: 39.28µg (9.82%), Potassium: 328.36mg (9.38%), Vitamin B12: 0.38µg (6.38%), Vitamin B5: 0.38mg (3.83%)