



Farro with Fennel and Carrots



Vegetarian



Dairy Free



Very Healthy

READY IN



1500 min.

SERVINGS



8

CALORIES



357 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 lb carrots (5 medium)
- ☐ 2.8 cups farro
- ☐ 1 large fennel bulb cut into 1/4-inch dice (1 lb; sometimes labeled "anise")
- ☐ 1 cup flat-leaf parsley fresh chopped
- ☐ 1 garlic clove
- ☐ 3 oz kalamata black pitted quartered
- ☐ 24 fl. oz. chicken broth reduced-sodium

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 3 tablespoons red-wine vinegar
- ☐ 1.5 teaspoons salt
- ☐ 2 cups water

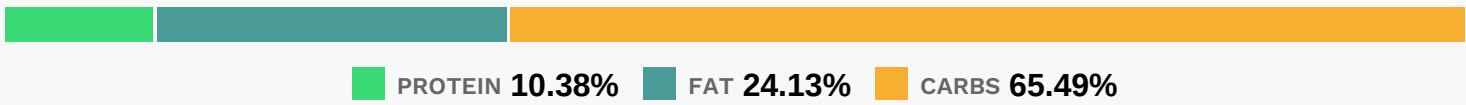
Equipment

- ☐ bowl
- ☐ knife
- ☐ pot
- ☐ colander

Directions

- ☐ Cover farro with cold water in a bowl and soak 30 minutes, then drain in a colander.
- ☐ Bring farro, stock, and water (2 cups) to a boil in a 4-quart heavy pot, then reduce heat and simmer, uncovered, until farro is tender, 15 to 20 minutes.
- ☐ Drain in colander.
- ☐ While farro cooks, mince garlic and mash to a paste with 1/4 teaspoon salt using a large heavy knife.
- ☐ Transfer to a large bowl and add fennel, olives, oil, vinegar, pepper, and remaining 1 1/4 teaspoons salt.
- ☐ Cut carrots into 3/4-inch-thick long diagonal slices with slicer, then, using a knife, cut slices into 3/4-inch-thick matchsticks.
- ☐ Add carrots to fennel mixture along with drained farro and parsley, tossing to combine well.
- ☐ Farro with fennel and carrots can be made 1 day ahead and cooled completely, uncovered, then chilled, covered.

Nutrition Facts



Properties

Glycemic Index:23.23, Glycemic Load:1.58, Inflammation Score:-10, Nutrition Score:24.023043435553%

Flavonoids

Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 356.61kcal (17.83%), Fat: 9.9g (15.23%), Saturated Fat: 1.52g (9.51%), Carbohydrates: 60.45g (20.15%), Net Carbohydrates: 47.39g (17.23%), Sugar: 3.28g (3.65%), Cholesterol: 0mg (0%), Sodium: 677.28mg (29.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.59g (19.17%), Vitamin K: 151.05µg (143.85%), Vitamin A: 5464.69IU (109.29%), Fiber: 13.06g (52.25%), Manganese: 1.04mg (52.16%), Selenium: 26.32µg (37.59%), Vitamin B3: 4.97mg (24.87%), Phosphorus: 209.09mg (20.91%), Copper: 0.4mg (20.16%), Vitamin C: 15.3mg (18.55%), Magnesium: 69.63mg (17.41%), Iron: 2.81mg (15.59%), Potassium: 532.14mg (15.2%), Vitamin B6: 0.26mg (12.78%), Vitamin E: 1.81mg (12.04%), Zinc: 1.78mg (11.86%), Vitamin B1: 0.16mg (10.83%), Folate: 40.85µg (10.21%), Vitamin B2: 0.14mg (8.21%), Calcium: 66.73mg (6.67%), Vitamin B5: 0.38mg (3.76%), Vitamin B12: 0.09µg (1.48%)