



 **80%**
HEALTH SCORE

Farro With Mushrooms and Asparagus



Vegetarian



Dairy Free



Very Healthy

READY IN



75 min.

SERVINGS



4

CALORIES



365 kcal

SIDE DISH

Ingredients

- 1 bunch asparagus cut into $\frac{1}{4}$ pieces
- 2 cups chicken stock see
- 1 ounce the following: parmesan rind) dried
- 8 ounces farro
- 1 tablespoon thyme sprigs fresh chopped
- 2 cloves garlic finely chopped
- 2 tablespoons olive oil
- 1 medium onion chopped

- 4 servings salt and pepper to taste
- 3 tablespoons sherry vinegar

Equipment

- bowl
- frying pan
- pot

Directions

- In a small bowl, cover dried mushrooms with warm water. Soak for 25 minutes, or until softened.
- Drain the mushrooms, and discard the soaking water. Chop finely. Bring a large pot of water to a boil.
- Add farro, and cook for 10 minutes, stirring occasionally.
- Drain and reserve. In a large skillet, over medium heat, heat the olive oil, and add onion, garlic, thyme, and mushrooms. Cook, stirring occasionally, for 5 minutes or until onions are tender. Stir in 2 tablespoons of sherry vinegar, and continue cooking for 1 minute.
- Add chicken stock, and bring it to a boil. Stir in farro, and return to a boil. Lower the heat to a simmer, and cover with a tight fitting lid. Cook for 10 minutes.
- Add asparagus, and cook, covered, for an additional 10 minutes. Season with 1 tablespoon sherry vinegar, salt and pepper.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:1.43, Inflammation Score:-10, Nutrition Score:24.349565217391%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 7.79mg, Isorhamnetin: 7.79mg, Isorhamnetin: 7.79mg, Isorhamnetin: 7.79mg Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Myricetin:

0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 21.34mg, Quercetin: 21.34mg, Quercetin: 21.34mg, Quercetin: 21.34mg

Taste

Sweetness: 55.64%, Saltiness: 36.7%, Sourness: 7.67%, Bitterness: 11.31%, Savoriness: 27%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 365.28kcal (18.26%), Fat: 9.37g (14.41%), Saturated Fat: 1.57g (9.82%), Carbohydrates: 61.53g (20.51%), Net Carbohydrates: 48.77g (17.73%), Sugar: 5.8g (6.45%), Cholesterol: 3.6mg (1.2%), Sodium: 376.22mg (16.36%), Protein: 12.3g (24.59%), Manganese: 1.11mg (55.35%), Fiber: 12.77g (51.07%), Vitamin K: 52.64µg (50.13%), Copper: 0.91mg (45.39%), Selenium: 30.22µg (43.17%), Vitamin B3: 6.68mg (33.4%), Iron: 4.68mg (25.99%), Vitamin B2: 0.43mg (25.45%), Phosphorus: 250.07mg (25.01%), Folate: 95.15µg (23.79%), Vitamin B1: 0.35mg (23.26%), Vitamin B6: 0.45mg (22.45%), Vitamin B5: 2.07mg (20.69%), Magnesium: 81.08mg (20.27%), Potassium: 682.05mg (19.49%), Vitamin A: 950.4IU (19.01%), Zinc: 2.63mg (17.51%), Vitamin E: 2.33mg (15.56%), Vitamin C: 12.15mg (14.73%), Calcium: 64.81mg (6.48%), Vitamin D: 0.28µg (1.84%)