



# Farro With Porcini, Chanterelles & Mascarpone

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



418 kcal

SIDE DISH

## Ingredients

- 1 cup farro
- 3 cups water
- 2 ounces the following: parmesan rind) dried
- 4 ounces mascarpone cheese
- 0.5 pound chanterelles chopped
- 2 tablespoons butter
- 1 clove garlic minced
- 4 servings salt and pepper to taste

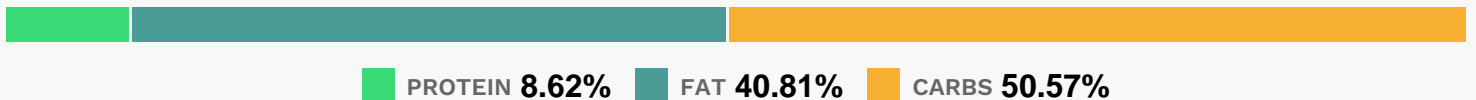
## Equipment

- food processor
- frying pan
- pot

## Directions

- Pulverize the porcini in a food processor, then reconstitute in 3 cups of warm water. Set aside for at least 10 minutes.
- Pour porcini water in a pot, salt the water, and bring to a boil. Stir in farro, lower heat to a simmer and cook until water is gone, about 40 minutes. Farro should be al dente yet tender. You can add more or less water and cook until desired softness. There's plenty of leeway and personal preference with farro.
- While farro is cooking, saute chanterelles for several minutes in butter in a large skillet, in batches if necessary. Avoid slimy chanterelles by not crowding the pan. You want the mushrooms to be lightly browned and firm.
- Stir mascarpone into farro, then stir in most of the chanterelles, reserving some as a topping. Season and garnish with chopped chives or parsley.

## Nutrition Facts



## Properties

Glycemic Index:20, Glycemic Load:0.07, Inflammation Score:-6, Nutrition Score:19.897826086957%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Taste

Sweetness: 22.58%, Saltiness: 100%, Sourness: 31.37%, Bitterness: 61.12%, Savoriness: 58.65%, Fattiness: 88.19%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 418.38kcal (20.92%), Fat: 19.46g (29.94%), Saturated Fat: 11.69g (73.07%), Carbohydrates: 54.25g (18.08%), Net Carbohydrates: 42.65g (15.51%), Sugar: 1.38g (1.54%), Cholesterol: 43.4mg (14.47%), Sodium: 274.84mg (11.95%), Protein: 9.25g (18.5%), Copper: 1.17mg (58.65%), Manganese: 1mg (50.14%), Fiber: 11.6g (46.4%), Vitamin B5: 3.86mg (38.64%), Selenium: 26.81µg (38.3%), Vitamin B3: 6.63mg (33.12%), Vitamin D: 3.56µg (23.72%), Vitamin B2: 0.36mg (21.3%), Iron: 3.48mg (19.32%), Phosphorus: 187.32mg (18.73%), Potassium: 649.07mg (18.54%), Zinc: 2.59mg (17.24%), Magnesium: 67.69mg (16.92%), Vitamin B6: 0.3mg (15.06%), Vitamin A: 582.89IU (11.66%), Vitamin B1: 0.15mg (9.89%), Folate: 35.97µg (8.99%), Calcium: 72.73mg (7.27%), Vitamin K: 1.6µg (1.53%), Vitamin E: 0.17mg (1.15%)