



HEALTH SCORE

100%

Farro with Roasted Porcini Mushrooms and Cavolo Nero



Vegetarian



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



325 kcal

SIDE DISH

Ingredients

- 1 bay leaves
- 0.5 teaspoon pepper black freshly ground
- 2 ribs celery diced
- 2 cups chicken broth
- 3 pieces the following: parmesan rind) dried
- 2 cups farro
- 1 fennel bulb diced

- 2 sprigs parsley fresh
- 1 sprig sage fresh
- 0.5 pound mushroom caps fresh quartered
- 2 garlic clove minced
- 0.5 cup olive oil extra virgin extra-virgin divided
- 1 onion diced
- 1 teaspoon salt divided
- 5 cups water divided
- 1 bunch destemmed lacinato/dinosaur kale coarsely chopped

Equipment

- bowl
- baking sheet
- dutch oven

Directions

- Bring 4 cups water and 1/2 teaspoon salt to a boil. Cook farro 10 minutes or until al dente. Strain and cool; set aside.
- Place dried porcini mushrooms in 1 cup lukewarm water; let stand 10 minutes. Chop mushrooms, and reserve liquid.
- Combine fresh mushrooms, 1/4 cup olive oil, remaining 1/2 teaspoon salt, and pepper in a medium bowl, and toss to coat.
- Place on a baking sheet; roast at 400 for 20 minutes or until golden, stirring twice.
- Heat 1/4 cup olive oil in a Dutch oven over medium heat.
- Add onion and next 3 ingredients; cook until tender.
- Add bay leaf and next 3 ingredients. Stir in chopped hydrated porcini mushrooms, porcini liquid, and remaining 1 tablespoon olive oil. Cover, reduce heat to low, and cook 30 minutes or until cavolo nero is tender. Stir in farro and broth. Simmer, uncovered, 10 to 15 minutes or until almost all liquid has been absorbed. Fold in roasted mushrooms.
- Remove bay leaf.

Nutrition Facts

PROTEIN 11.96% FAT 14.62% CARBS 73.42%

Properties

Glycemic Index:43.67, Glycemic Load:1.86, Inflammation Score:-10, Nutrition Score:30.519999685495%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Apigenin: 1.12mg, Apigenin: 1.12mg, Apigenin: 1.12mg, Apigenin: 1.12mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 11.54mg, Isorhamnetin: 11.54mg, Isorhamnetin: 11.54mg, Isorhamnetin: 11.54mg Kaempferol: 21.22mg, Kaempferol: 21.22mg, Kaempferol: 21.22mg, Kaempferol: 21.22mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 14.04mg, Quercetin: 14.04mg, Quercetin: 14.04mg, Quercetin: 14.04mg

Nutrients (% of daily need)

Calories: 324.74kcal (16.24%), Fat: 5.54g (8.52%), Saturated Fat: 0.81g (5.03%), Carbohydrates: 62.53g (20.84%), Net Carbohydrates: 47.46g (17.26%), Sugar: 4.64g (5.16%), Cholesterol: 1.57mg (0.52%), Sodium: 753.52mg (32.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.19g (20.38%), Vitamin K: 213.36µg (203.2%), Vitamin A: 4654.34IU (93.09%), Manganese: 1.47mg (73.31%), Fiber: 15.06g (60.26%), Vitamin C: 49.26mg (59.71%), Selenium: 28.81µg (41.15%), Copper: 0.68mg (33.76%), Vitamin B3: 5.64mg (28.18%), Phosphorus: 249.07mg (24.91%), Vitamin B2: 0.39mg (23.16%), Magnesium: 89.27mg (22.32%), Vitamin B6: 0.42mg (20.94%), Potassium: 711.4mg (20.33%), Calcium: 176.02mg (17.6%), Folate: 68.37µg (17.09%), Iron: 3.05mg (16.93%), Zinc: 2.24mg (14.96%), Vitamin B1: 0.22mg (14.64%), Vitamin B5: 1.07mg (10.68%), Vitamin E: 1.13mg (7.54%), Vitamin D: 0.17µg (1.14%)