



## Farro with Wild Mushrooms

READY IN



45 min.

SERVINGS



6

CALORIES



218 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 cups cremini mushrooms sliced
- 0.8 ounce porcini mushrooms dried
- 0.5 cup cooking wine dry red
- 1 cup farro
- 1 teaspoon thyme leaves fresh chopped
- 3 garlic cloves minced
- 0.3 teaspoon kosher salt
- 14 ounce less-sodium beef broth fat-free canned

- 1 tablespoon olive oil
- 2 cups onion chopped
- 6 tablespoons parmigiano-reggiano cheese grated
- 2 cups water hot

## Equipment

- bowl
- frying pan
- sauce pan
- sieve

## Directions

- Place 2 cups hot water and porcini mushrooms in a small bowl; cover and let stand 20 minutes or until tender.
- Drain mushrooms through a fine sieve over a bowl, reserving liquid. Coarsely chop mushrooms.
- Heat oil in a large saucepan over medium-high heat.
- Add porcini mushrooms, cremini mushrooms, onion, and garlic to pan; saut 6 minutes. Stir in farro; cook 1 minute, stirring occasionally.
- Add wine; cook 1 minute or until most of liquid evaporates.
- Add reserved mushroom liquid, thyme, salt, pepper, and broth; bring to a boil. Reduce heat, and simmer 45 minutes or until most of liquid evaporates, stirring occasionally.
- Remove from heat; stir in cheese.

## Nutrition Facts



## Properties

Glycemic Index:26.83, Glycemic Load:1.31, Inflammation Score:-7, Nutrition Score:11.585652221804%

## Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 10.97mg, Quercetin: 10.97mg, Quercetin: 10.97mg, Quercetin: 10.97mg

## Nutrients (% of daily need)

Calories: 218.18kcal (10.91%), Fat: 4.14g (6.37%), Saturated Fat: 1.26g (7.89%), Carbohydrates: 35.9g (11.97%), Net Carbohydrates: 29.15g (10.6%), Sugar: 3.07g (3.42%), Cholesterol: 3.4mg (1.13%), Sodium: 309.59mg (13.46%), Alcohol: 2.1g (100%), Alcohol %: 0.92% (100%), Protein: 7.86g (15.72%), Selenium: 22.05µg (31.5%), Manganese: 0.63mg (31.4%), Fiber: 6.76g (27.03%), Copper: 0.49mg (24.28%), Phosphorus: 165.83mg (16.58%), Vitamin B3: 3.04mg (15.2%), Vitamin B2: 0.23mg (13.82%), Potassium: 479.17mg (13.69%), Vitamin B5: 1.33mg (13.29%), Vitamin B6: 0.24mg (11.79%), Magnesium: 42.55mg (10.64%), Zinc: 1.51mg (10.04%), Calcium: 92.73mg (9.27%), Vitamin B1: 0.13mg (8.46%), Folate: 30.14µg (7.53%), Iron: 1.25mg (6.94%), Vitamin C: 5.07mg (6.15%), Vitamin K: 2.6µg (2.47%), Vitamin E: 0.37mg (2.46%), Vitamin B12: 0.08µg (1.4%), Vitamin A: 63.88IU (1.28%), Vitamin D: 0.19µg (1.25%)