



Farrotto" with Butternut, Gruyère, and Hazelnuts

 Very Healthy

READY IN



80 min.

SERVINGS



4

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 cups butternut squash cubed peeled ()
- ☐ 1 cup farro uncooked
- ☐ 1 tablespoon sage fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 cup gruyère cheese packed grated
- ☐ 0.5 cup hazelnuts toasted chopped

- ☐ 0.8 teaspoon kosher salt
- ☐ 1.5 cups leek thinly sliced (1 large)
- ☐ 1 tablespoon olive oil
- ☐ 4 cups water divided
- ☐ 0.5 cup white wine

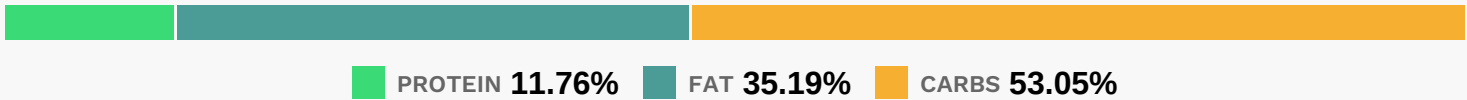
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat a Dutch oven over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add leek; saut 5 minutes or until tender, stirring frequently.
- ☐ Add farro and garlic; cook for 1 minute, stirring constantly. Stir in wine; cook 1 minute or until wine evaporates.
- ☐ Add 1 cup water; cook 8 minutes or until liquid is nearly absorbed, stirring frequently.
- ☐ Add 2 more cups water, 1 cup at a time, stirring until each portion is absorbed before adding the next (about 30 minutes total). Stir in remaining 1 cup water, squash, sage, salt, and pepper. Cover, reduce heat, and simmer 30 minutes or until squash is just tender, stirring occasionally. Stir in cheese; sprinkle with nuts.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:1.7, Inflammation Score:-10, Nutrition Score:33.161738963231%

Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 481.17kcal (24.06%), Fat: 18.86g (29.01%), Saturated Fat: 4.48g (28.01%), Carbohydrates: 63.97g (21.32%), Net Carbohydrates: 51.13g (18.59%), Sugar: 5.79g (6.43%), Cholesterol: 18.15mg (6.05%), Sodium: 584.26mg (25.4%), Alcohol: 3.09g (100%), Alcohol %: 0.74% (100%), Protein: 14.18g (28.36%), Vitamin A: 15610.22IU (312.2%), Copper: 5.21mg (260.3%), Manganese: 2.26mg (113.17%), Fiber: 12.84g (51.37%), Vitamin C: 34.58mg (41.92%), Vitamin E: 5.14mg (34.24%), Magnesium: 135.38mg (33.84%), Selenium: 22.79µg (32.55%), Phosphorus: 319.2mg (31.92%), Calcium: 307.54mg (30.75%), Vitamin B6: 0.55mg (27.31%), Vitamin B1: 0.37mg (24.64%), Potassium: 842.39mg (24.07%), Vitamin K: 23.55µg (22.43%), Folate: 89.63µg (22.41%), Vitamin B3: 4.44mg (22.22%), Iron: 3.97mg (22.07%), Zinc: 2.43mg (16.18%), Vitamin B5: 1mg (10%), Vitamin B2: 0.17mg (9.74%), Vitamin B12: 0.26µg (4.4%)