



Farrotto with Greens and Parmesan

READY IN



45 min.

SERVINGS



4

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup chardonnay dry white
- ☐ 4 garlic cloves minced
- ☐ 1 tablespoon olive oil
- ☐ 2 ounces parmigiano-reggiano cheese grated
- ☐ 2.3 cups onion red chopped
- ☐ 4 cups gourmet salad greens chopped
- ☐ 1 cup farro rinsed uncooked drained (farro)
- ☐ 14.5 ounce vegetable broth canned

☐ 2 cups water

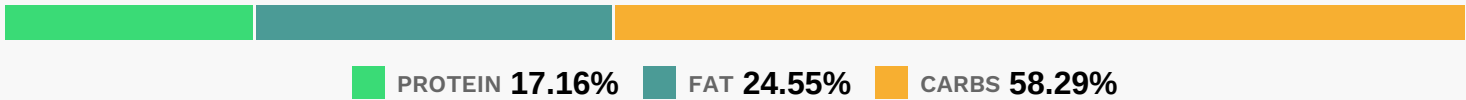
Equipment

☐ sauce pan

Directions

- ☐ Heat oil in a large saucepan over medium-high heat.
- ☐ Add onion and garlic; saut 7 minutes or until golden brown, stirring frequently.
- ☐ Add spelt; saut 2 minutes. Stir in wine; cook 3 minutes.
- ☐ Add broth; cook 12 minutes or until liquid is nearly absorbed, stirring frequently. Stir in water and pepper; cook 12 minutes or until liquid is nearly absorbed, stirring frequently.
- ☐ Remove from heat. Stir in lettuce and cheese.

Nutrition Facts



Properties

Glycemic Index:60.25, Glycemic Load:19.92, Inflammation Score:-8, Nutrition Score:16.599130411511%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.51mg, Isorhamnetin: 4.51mg, Isorhamnetin: 4.51mg, Isorhamnetin: 4.51mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 18.35mg, Quercetin: 18.35mg, Quercetin: 18.35mg, Quercetin: 18.35mg

Nutrients (% of daily need)

Calories: 335.06kcal (16.75%), Fat: 8.36g (12.85%), Saturated Fat: 3.03g (18.95%), Carbohydrates: 44.63g (14.88%), Net Carbohydrates: 38.35g (13.95%), Sugar: 8.38g (9.31%), Cholesterol: 9.64mg (3.21%), Sodium: 665.15mg (28.92%), Alcohol: 6.18g (100%), Alcohol %: 1.65% (100%), Protein: 13.14g (26.28%), Manganese: 1.61mg (80.58%), Phosphorus: 330.1mg (33.01%), Fiber: 6.28g (25.12%), Calcium: 220.44mg (22.04%), Magnesium: 86.94mg (21.74%),

Vitamin C: 16.88mg (20.46%), Vitamin B3: 3.43mg (17.13%), Vitamin B6: 0.32mg (16.03%), Vitamin A: 791.1IU (15.82%), Copper: 0.31mg (15.69%), Iron: 2.73mg (15.19%), Vitamin B1: 0.23mg (15.09%), Zinc: 2.17mg (14.49%), Selenium: 9.38µg (13.4%), Folate: 53.18µg (13.29%), Potassium: 438.35mg (12.52%), Vitamin B2: 0.15mg (9%), Vitamin B5: 0.73mg (7.34%), Vitamin E: 0.9mg (6%), Vitamin K: 4.77µg (4.54%), Vitamin B12: 0.17µg (2.83%)