



Grilled Vegetable Farro Salad



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



90 min.

SERVINGS



6

CALORIES



164 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup quick-cooking barley uncooked
- ☐ 2.5 cups water
- ☐ 0.5 teaspoon salt
- ☐ 1 bell pepper yellow cut into 6 pieces
- ☐ 1 bell pepper red cut into 6 pieces
- ☐ 0.5 lb asparagus fresh cut in half
- ☐ 6 cherry tomatoes
- ☐ 1 tablespoon olive oil

- ☐ 2 tablespoons red wine vinegar
- ☐ 1 tablespoon juice of lemon
- ☐ 2 teaspoons lemon zest grated
- ☐ 2 teaspoons dijon mustard
- ☐ 0.3 teaspoon salt
- ☐ 1 Dash pepper fresh black
- ☐ 2 cups baby spinach packed

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Rinse farro under cold water. In 2-quart saucepan, mix 2 1/2 cups water and 1/2 teaspoon salt.
- ☐ Add farro; heat to boiling over medium heat. Reduce heat, cover and simmer 20 to 25 minutes or until tender.
- ☐ Drain, if necessary, and set aside.
- ☐ Heat coals or gas grill.
- ☐ Brush peppers, asparagus and tomatoes with olive oil.
- ☐ Place peppers and asparagus in grill basket or directly on grill rack. Cover grill; cook over medium heat 7 to 9 minutes, turning occasionally, until vegetables are crisp-tender, adding tomatoes during last 4 minutes.
- ☐ In small bowl, mix red wine vinegar, lemon juice, lemon peel, mustard, 1/4 teaspoon salt and the pepper.
- ☐ To serve, toss farro and spinach in 3 tablespoons of the dressing. Arrange farro on serving platter, and place grilled vegetables on top.
- ☐ Drizzle remaining dressing over vegetables.

Nutrition Facts



 **PROTEIN 11.78%**  **FAT 15.62%**  **CARBS 72.6%**

Properties

Glycemic Index:26.67, Glycemic Load:0.52, Inflammation Score:-9, Nutrition Score:18.131739108459%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg

Nutrients (% of daily need)

Calories: 164.26kcal (8.21%), Fat: 2.99g (4.6%), Saturated Fat: 0.45g (2.82%), Carbohydrates: 31.26g (10.42%), Net Carbohydrates: 24.18g (8.79%), Sugar: 2.39g (2.66%), Cholesterol: 0mg (0%), Sodium: 329.18mg (14.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.14%), Vitamin C: 72.44mg (87.81%), Vitamin K: 67.66µg (64.44%), Vitamin A: 1976.33IU (39.53%), Manganese: 0.67mg (33.29%), Fiber: 7.08g (28.33%), Selenium: 14.28µg (20.39%), Folate: 63.92µg (15.98%), Copper: 0.28mg (14.04%), Iron: 2.28mg (12.66%), Vitamin B6: 0.25mg (12.43%), Vitamin B3: 2.45mg (12.26%), Magnesium: 48.09mg (12.02%), Phosphorus: 115.41mg (11.54%), Vitamin B1: 0.15mg (10.14%), Potassium: 354.84mg (10.14%), Vitamin E: 1.39mg (9.29%), Vitamin B2: 0.14mg (8.11%), Zinc: 1.1mg (7.33%), Calcium: 39.71mg (3.97%), Vitamin B5: 0.33mg (3.33%)