



Herbed Farro Pilaf

 Vegetarian  Vegan  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



229 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon canola oil
- 0.8 cup farro
- 2 teaspoons thyme leaves fresh chopped
- 0.3 teaspoon kosher salt
- 0.3 cup parsley chopped
- 1 shallots finely chopped
- 0.3 cup broken spaghetti
- 1.5 cups vegetable stock low-sodium

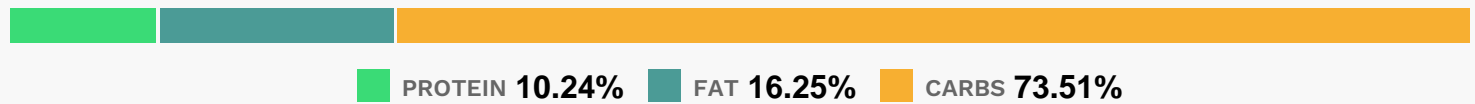
Equipment

- frying pan
- sauce pan

Directions

- In a medium saucepan, heat the canola oil over medium-high heat.
- Add the pasta and cook, stirring frequently, just until it turns golden brown, about 2 minutes. Stir in the farro and shallots and continue to cook, stirring, 2 more minutes. Stir in the chicken stock and salt and bring to a boil. Lower the heat, cover the pan and simmer until the farro is very tender, about 35 minutes. Check the farro towards the end of cooking and add 1 to 2 tablespoons water if the pan dries out before the farro is tender.
- Top with the parsley and thyme, fluff with a fork and serve.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:5.28, Inflammation Score:-8, Nutrition Score:11.832608606504%

Flavonoids

Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 229.07kcal (11.45%), Fat: 4.21g (6.48%), Saturated Fat: 0.4g (2.5%), Carbohydrates: 42.85g (14.28%), Net Carbohydrates: 36.06g (13.11%), Sugar: 1.97g (2.19%), Cholesterol: 0mg (0%), Sodium: 505.04mg (21.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.97g (11.94%), Vitamin K: 64.89µg (61.8%), Selenium: 23.56µg (33.66%), Manganese: 0.67mg (33.66%), Fiber: 6.79g (27.15%), Phosphorus: 117.81mg (11.78%), Vitamin A: 559.62IU (11.19%), Copper: 0.22mg (10.85%), Magnesium: 42.25mg (10.56%), Vitamin B3: 2.06mg (10.29%), Iron: 1.61mg (8.96%), Vitamin C: 7.09mg (8.59%), Vitamin B6: 0.15mg (7.35%), Zinc: 1.09mg (7.27%), Vitamin B1: 0.09mg (6.16%), Potassium: 185.74mg (5.31%), Folate: 19.56µg (4.89%), Vitamin E: 0.67mg (4.45%), Vitamin B2: 0.06mg (3.6%), Calcium: 25.61mg (2.56%), Vitamin B5: 0.21mg (2.07%)