



Insalata di Farro (Spelt Salad)



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



232 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.8 cup carrots sliced ()
- ☐ 0.5 cup whole-kernel corn frozen thawed
- ☐ 1 tablespoon dijon mustard
- ☐ 1.5 tablespoons olive oil extravirgin
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 garlic clove crushed
- ☐ 1 cup cut green beans (1-inch)

- ☐ 0.3 cup olives green pitted
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup marinated artichoke hearts drained chopped
- ☐ 0.3 cup olives pitted ripe
- ☐ 0.5 cup peas green frozen thawed
- ☐ 1 tablespoon red wine vinegar
- ☐ 7 ounce roasted bell peppers red drained chopped
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups farro rinsed uncooked drained (farro)
- ☐ 1.5 cups vegetable broth
- ☐ 2 tablespoons vegetable broth
- ☐ 1 cup water

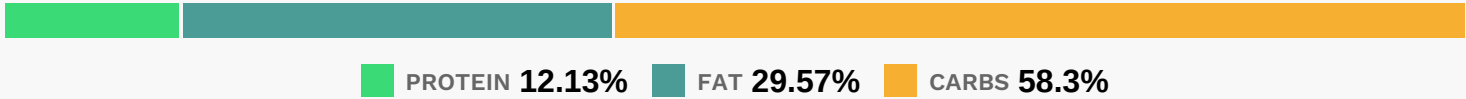
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ To prepare dressing, combine the first 9 ingredients in a small bowl, stirring well with a whisk.
- ☐ To prepare salad, combine spelt, 1 1/2 cups broth, and 1 cup water in a saucepan, and bring to a boil. Reduce heat, and simmer 25 minutes.
- ☐ While the spelt is cooking, bring water to a boil in a medium saucepan, and add green beans and sliced carrots. Cook until crisp-tender.
- ☐ Drain and plunge into cold water.
- ☐ Drain again.
- ☐ Combine spelt, green beans, carrots, and remaining ingredients in a large bowl.
- ☐ Add dressing, and toss well to coat.
- ☐ Let stand for 30 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:69.69, Glycemic Load:15.8, Inflammation Score:-10, Nutrition Score:17.982608442721%

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 Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 232.42kcal (11.62%), Fat: 8.1g (12.46%), Saturated Fat: 1.11g (6.92%), Carbohydrates: 35.94g (11.98%), Net Carbohydrates: 28.86g (10.49%), Sugar: 6g (6.67%), Cholesterol: 0mg (0%), Sodium: 1214.69mg (52.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.48g (14.95%), Vitamin A: 3535.07IU (70.7%), Manganese: 1.3mg (64.77%), Vitamin K: 38.61µg (36.77%), Vitamin C: 30.03mg (36.4%), Fiber: 7.08g (28.3%), Phosphorus: 189.1mg (18.91%), Magnesium: 69.23mg (17.31%), Vitamin B3: 3.41mg (17.04%), Copper: 0.3mg (15.05%), Iron: 2.67mg (14.86%), Vitamin B1: 0.21mg (14.2%), Folate: 46.67µg (11.67%), Vitamin B6: 0.23mg (11.48%), Zinc: 1.57mg (10.48%), Potassium: 348.94mg (9.97%), Vitamin E: 1.45mg (9.68%), Selenium: 5.8µg (8.28%), Vitamin B2: 0.11mg (6.6%), Vitamin B5: 0.57mg (5.69%), Calcium: 54.35mg (5.44%)