



Jenni's Italian Farro Pilaf

 Very Healthy

READY IN



55 min.

SERVINGS



6

CALORIES



188 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 teaspoons chicken bouillon
- 1 tablespoon basil dried
- 1 cup semi-pearled farro rinsed
- 8 ounce mushrooms fresh cubed
- 0.3 cup parmesan cheese grated
- 0.7 cup sun-dried tomatoes with garlic, drained and chopped packed in olive oil
- 2 cups water
- 1 pound baby squash yellow cubed

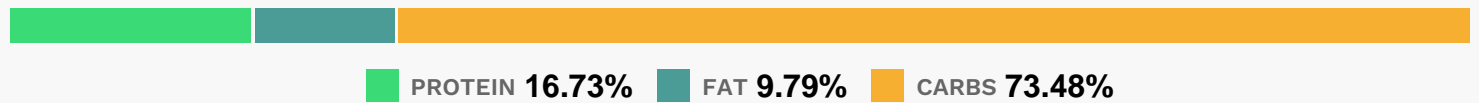
Equipment

- frying pan
- sauce pan

Directions

- Bring farro, chicken bouillon, and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until farro is tender and the liquid has been absorbed, 20 to 25 minutes.
- Drain any excess water.
- Cook and stir sun-dried tomatoes and mushrooms with basil in a skillet over medium heat until mushrooms are slightly softened, about 5 minutes.
- Add squash and cook until tender, about 10 more minutes. Cook and stir farro with squash mixture until heated through, 2 to 3 minutes.
- Sprinkle farro pilaf with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:2.41, Inflammation Score:-6, Nutrition Score:16.322608610858%

Nutrients (% of daily need)

Calories: 188.44kcal (9.42%), Fat: 2.21g (3.4%), Saturated Fat: 0.85g (5.29%), Carbohydrates: 37.33g (12.44%), Net Carbohydrates: 29.17g (10.61%), Sugar: 7.29g (8.1%), Cholesterol: 3.63mg (1.21%), Sodium: 103.43mg (4.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.5g (17%), Manganese: 0.89mg (44.26%), Fiber: 8.16g (32.66%), Selenium: 18.39µg (26.27%), Copper: 0.5mg (25.04%), Potassium: 856.12mg (24.46%), Vitamin C: 18.44mg (22.35%), Vitamin B2: 0.38mg (22.33%), Vitamin B3: 4.41mg (22.05%), Phosphorus: 206.71mg (20.67%), Vitamin K: 19.76µg (18.82%), Magnesium: 73.32mg (18.33%), Vitamin B6: 0.34mg (17.19%), Iron: 3.02mg (16.75%), Vitamin B1: 0.2mg (13.12%), Folate: 46.66µg (11.67%), Zinc: 1.6mg (10.7%), Vitamin B5: 1.05mg (10.51%), Calcium: 89.82mg (8.98%), Vitamin A: 306.35IU (6.13%), Vitamin E: 0.2mg (1.3%), Vitamin B12: 0.07µg (1.19%)